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# Angel Food & Deviled Crab

A TASTE OF FOOD, LOCAL HISTORY, AND ARTWORK



**Ann Street United Methodist Church  
In Historic Beaufort, N.C.**



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"A gift you bake is from the heart. What a wonderful way to show you care." Joe Emerson

**ANGEL FOOD AND DEVEILED CRABS** has been compiled by the congregation of Ann Street United Methodist Church of Beaufort, North Carolina, and is dedicated to the families of the church, their relatives, and friends of the church who have graciously shared their recipes so this book could contain the best of our kitchens.

Every year, the last weekend in June, the Ann Street Church congregation observes Heritage Sunday...the conclusion of a weekend celebration featuring the Homes Tour sponsored by the Beaufort Historical Foundation. The special church service is followed by an old fashioned "Dinner on the Grounds." The event inspires our membership to offer to other members and guests the very best from their kitchens. Many of these recipes may be found in **ANGEL FOOD AND DEVEILED CRABS**.

We are sure those who use this book will find many interesting and tempting recipes, as well as old favorites that will warm a gourmet's palate and please both exotic and ordinary tastes.

We are all rewarded when we preserve the best of our cuisine and share it with each other. Cooking is an art and an avocation that even a very busy person can enjoy.

Many of the recipes presented here, some never shared before, have been handed down for several generations. They are the result of the creativeness and resourcefulness of those who came before us and the bounty of God's sea and rich farmlands. Also included are modern versions of old standbys and some newer recipes such as Yogurt Granola Fruit Medley, Fuzzy Navel Cake and Microwave Manicotti.

We hope you will discover some that will become your favorites.

The contributions were many and because of limited space not all could be published, and, whether contained herein or not, all are deeply appreciated and gratefully acknowledged.

To all who joined in the preparation of **ANGEL FOOD AND DEVEILED CRABS**, and to all others who have given aid to the project, we are most thankful. We want to express special thanks to Karen Riemer for her

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excellent art work done from the beautiful photographs taken by Diane Hardy and Hardy Sullivan, to Ruth Hallman for her many hours at the keyboard of her computer, typing recipes, making corrections, and being extremely knowledgeable about the publishing business, and to Rosemary Garrish and Margie Linnemeier for their wonderful "way with words" at the beginning of each section. We have been blessed by these generous volunteers.

We extend our thanks and gratitude to the Administrative Council of Ann Street United Methodist Church for having the faith to encourage this endeavor and to each member of our congregation for their material and moral support. This project could not have been completed without them. To our families, we, the members of the Cookbook Committee, thank you for your encouragement, love, and support...even though it sometimes meant frozen dinners for you!

### **Cookbook Committee Members:**

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Pat Humphrey	Amy Lynch
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Fran Krauthaim	Chiyo Rice
Jane Ledbetter	Karen Riemer
Joyce Lillard	Patty Springle



### **Homes:**

The homes depicted in *ANGEL FOOD AND DEVILED CRABS* are owned by members of the congregation of Ann Street Church. Each history was written by the owners.

Bell-Snowden House	Duncan's Green
Borden-Lewis House	Gibbs House
Buckman House	Guthrie House
Caleb Bell House	Humphrey House
Captains Quarters	Morse House
Dill House	Pacquinette House

### **Churches:**

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Purvis Chapel A.M.E. Zion Church

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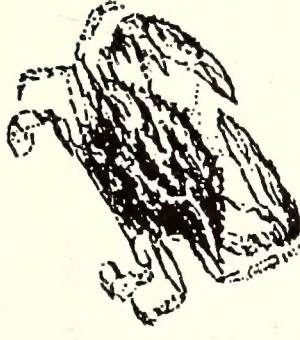
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Lou Register  
Minnie Simpson  
Macon Snowden



### **Cover:**

The cover of **ANGEL FOOD AND DEVEILED CRABS** gives a view of a portion of Front Street in downtown Beaufort, North Carolina. The art work depicts a view of the boardwalk and town as seen from Taylor's Creek. On the left side of the cover, Ann Street United Methodist Church can be seen superimposed in the foreground. This is an original water color by Karen Riemer.

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## Beaufort, North Carolina

Almost three hundred years ago, English sailors and a group of French Huguenots came ashore to build new lives in a fishing village called Fish Town. Later the name was changed to honor Henry Somerset, Duke of Beaufort.

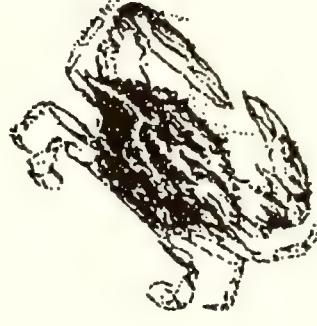
Beaufort, the third oldest town in North Carolina, with the traditional date of founding as 1709, was surveyed in 1713 while Queen Anne was still on the throne. Street names reflect the early development of the town- Ann, Craven, Orange, Queen, Pollock, Turner and Moore - tributes to Queen Anne, the Earl of Craven, William III (Prince of Orange), Col. Maurice Moore who was active in the Indian Wars, Governor Pollock, and Robert Turner, owner of much of the land surveyed. There is an iron marker at the corner of Front and Pollock Streets designating the division of "Old Town" and "New Town." This was determined by the boundary of the land surveyed by Turner.

More than one hundred historic homes still stand where they were built, most of them made of heart pine put together with wooden pegs or iron nails hammered out one by one. There are only two brick buildings in town that predate the Civil War.

Some dates of interest:

1747 - The town was attacked by pirates and the same year was taken by the Spanish who remained only a few days.

1782 - British entered Beaufort Harbor and the townspeople resisted so fiercely the British withdrew after a two-week period.



1812 - Charleston and Baltimore were blockaded by the British and Beaufort became a port for privateers. Captain Otway Burns of Beaufort was one of the major privateers, and he and his ship SNAP DRAGON chased many English vessels from Massachusetts to South America during the War of 1812.

1862 - Federal troops occupied Beaufort for three years.

The Beaufort Historical Association has established a complex of thirteen buildings representative of the early days of "Old Port Town." Included in the group are five houses dating from 1767, an apothecary shop, the Old Jail, and a courthouse built in 1796.

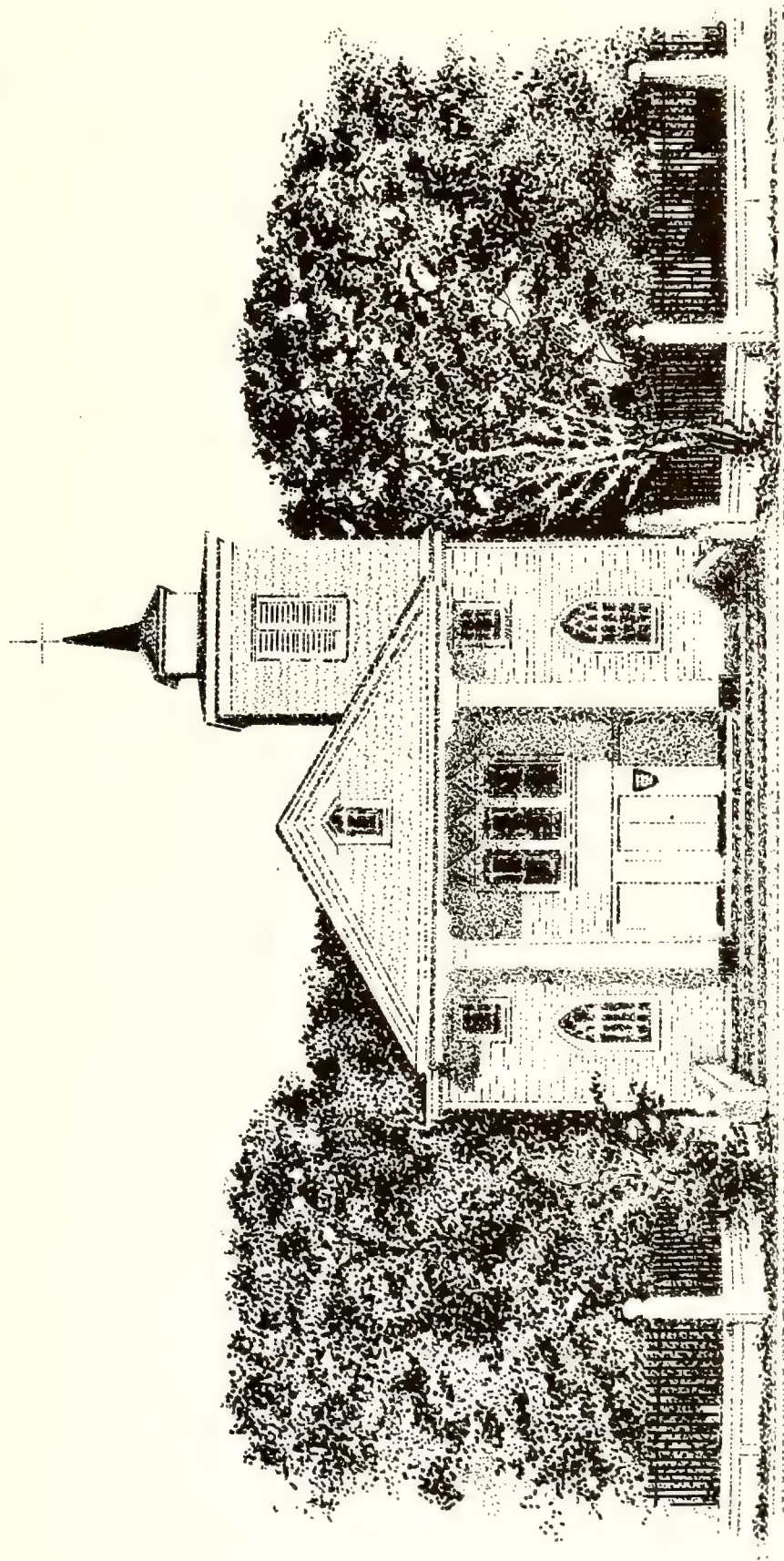
Beaufort is the county seat of Carteret County, and the first courthouse was built in 1722. The building was also used as a Customs House since the Lords Proprietors had made Beaufort a port of entry.

The N.C. Maritime Museum in the heart of the Historic District emphasizes North Carolina's continuing connection with the sea. "Down to the Sea" is the theme of the museum, and its varied and changing exhibits are of great interest to its many visitors.

Recently, Beaufort's waterfront has been revitalized with new shops, boat slips, and dockage for visiting boaters with ready access to a boardwalk that offers a panoramic view of nearby shoals that provide a home for a herd of wild ponies in the foreground and in the distance the site of Fort Macon, built on Bogue Banks, a part of the Outer Banks of North Carolina, in 1826-34, to protect Beaufort from pirates - beyond, the blue waters of the Atlantic.







KAR

## Purvis Chapel



## **Purvis Chapel**

In 1820, the Methodists built their own church. It is now Purvis Chapel A.M.E. Zion. It has been changed with the passing of the years, but the stone underpinnings show dimensions of the original church, and it appears to have the original balcony. It was in this balcony that the slaves worshipped, for they were the spiritual responsibility of the whites. Following the War of 1812, we, the Methodists of Beaufort, were poor, and trade had fallen off. Men fished and gardened, women spun and wove homespun for clothing, and, although the church was dedicated the year after it was started, it was not out of debt for 20 years. They were good years, however. One of the pastors who served wrote of the town, "It was quiet, moral, and religious...everybody went to church on Sunday. Hospitality prevailed under every roof. Nobody was rich but none so poor as to be dependent on charity."

It is interesting to note that the church bell in Purvis Chapel was cast in Glasgow, Scotland, in 1797.

## **The Old Burying Ground**

The Old Burying Ground grew around the building used by the Anglican Church on Broad Street. When the Anglican priest and some of his parishioners left Beaufort for Canada during the American Revolution, this building became the first meeting place for the Methodists. For a number of years this was the only church in Beaufort, and the cemetery was often called the Methodist Burying Ground, but it has always been public property.

The north side is the oldest part of the cemetery and looks empty except for occasional brick or cedar markers. Back from the corner is a crowded group of graves with old style stones and brick coverings. These graves are facing "due" east so that occupants would rise facing the sun on Judgment Morn.

To walk through this crowded plot of graves is like walking back through history. The first graves could be of those killed during attacks by the Indians, for it is recorded in 1716 that "the section was depopulated by the late Indian War and Massacre." Here, too, we find graves of those who fought in the American Revolution, the War of 1812, and the Civil War. Many more died during epidemics and of diseases for which there were no known treatments. The large number of children's graves cause us to pause and consider the conditions of their time.

The Old Burying Ground is not only a significant part of the history of Beaufort, but it is also an important heritage of the Ann Street Church. It is of interest to note that six ministers of our church were buried in this cemetery: The Rev. Bridges Arendell and his wife, Sarah; The Rev. J. T. Arrington; The Rev. John Jones and his wife, Susan; The Rev. L. W. Martin and his wife, Sarah; The Rev. William J. Parks; The Rev. John Rumley and wife, Susan; also, Mrs. Parker James, the wife of a former pastor.

To walk in this place under the giant live oaks when the azalea and wisteria are in bloom is as moving as entering a cathedral with lofty ceilings. It is truly a sacred place, reminding us of the founders of our church and this town that we love so much.

The Old Burying Ground is the oldest outdoor cemetery in North Carolina. Today, you will find Purvis Chapel located on the northeast corner, and Ann Street Church determines the southeast corner of The Old Burying Grounds.



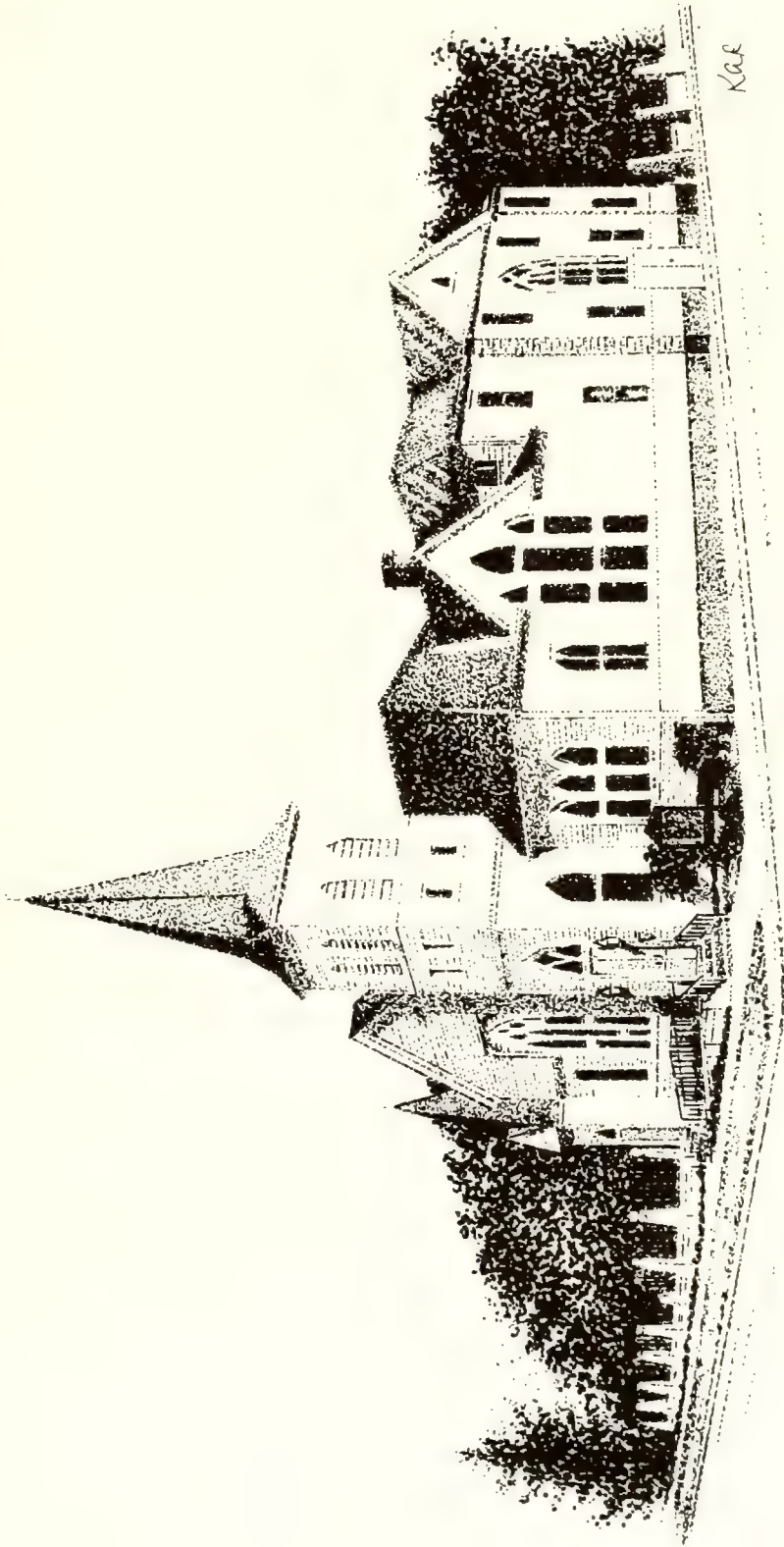
# FAVORITE RECIPES

*Recipe Name*

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**Ann Street United Methodist Church**

## **Ann Street United Methodist Church**

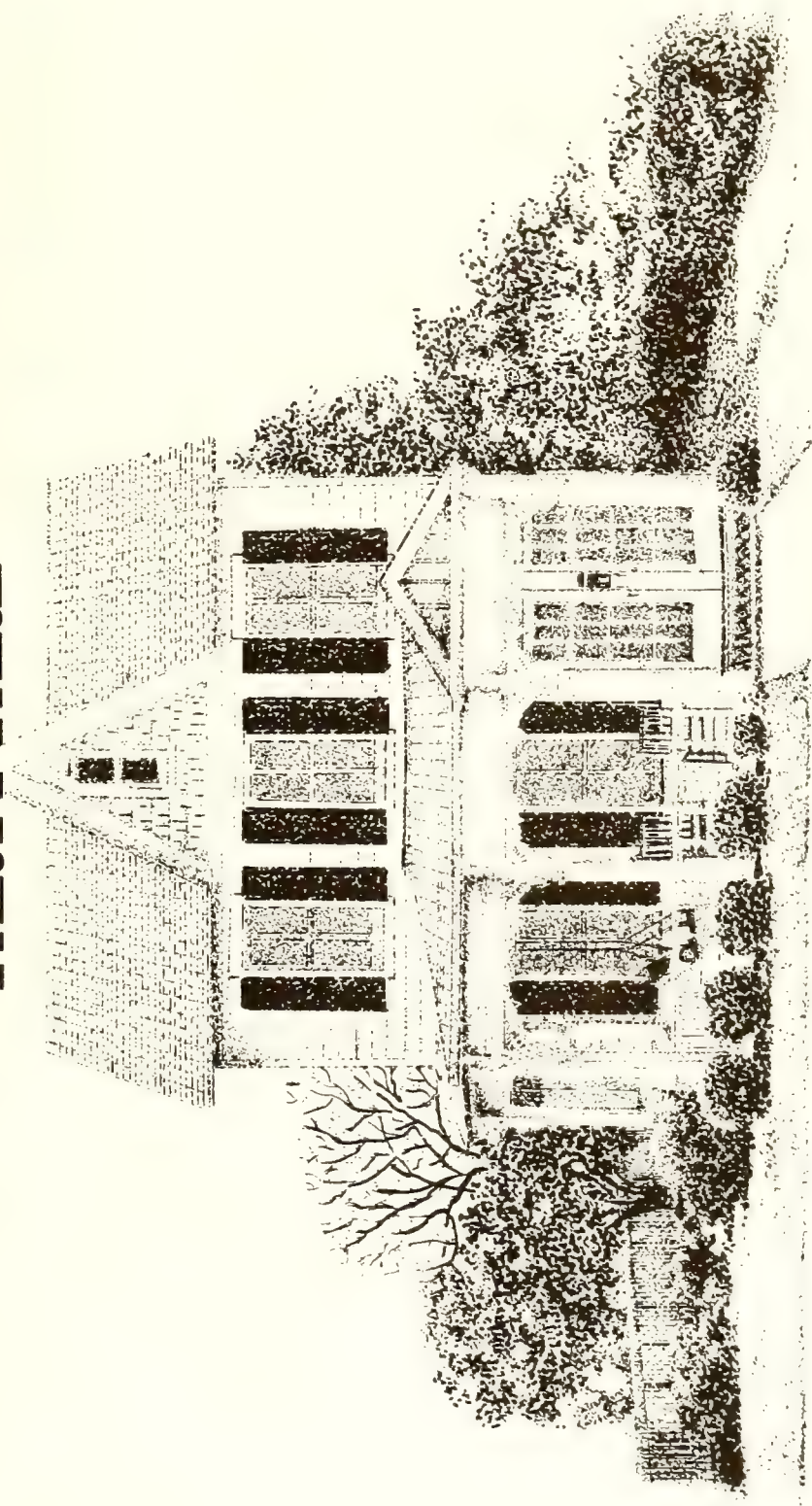
Methodists in Beaufort were organized in 1778. They first worshipped in a building that had been abandoned by the Anglican Church at the outbreak of the Revolutionary War. In 1820 the Methodists in Beaufort built their first church where they worshipped until 1854 when the present Ann Street Church building was erected. Additions were made to the building in the 1890's to accommodate Sunday School classes, and the structure was remodeled. The first photographs of the remodeled building show the church to have grey siding, white trim, and black accents on the eyebrows of the cathedral windows. In 1957, the Sunday School was moved to the Eure Building which was completed that year.

Francis Asbury was sent to the colonies by John Wesley and ordained a Bishop at Lovely Lane Chapel in Baltimore, Maryland, during the Christmas Eve Conference. In 1785, Bishop Asbury visited the Methodists in Beaufort. The first time he visited he wrote in his journal, "The people are kind but have little religion." Twenty-one years later, after the Great Revival, he wrote after his second visit here, "In Beaufort the Lord hath put forth his power and the whole town seems to bow to the Scepter of the Lord."

Beaufort Methodists, now in their third century, celebrated their 200th anniversary in 1978.

Our present ministers are Dr. Robert D. O'Keef, Senior Pastor, and Reverend Kendall J. Guthrie, Associate Pastor. Membership is approximately 1000.

# PARTY FARE



**Bell-Snowden House**

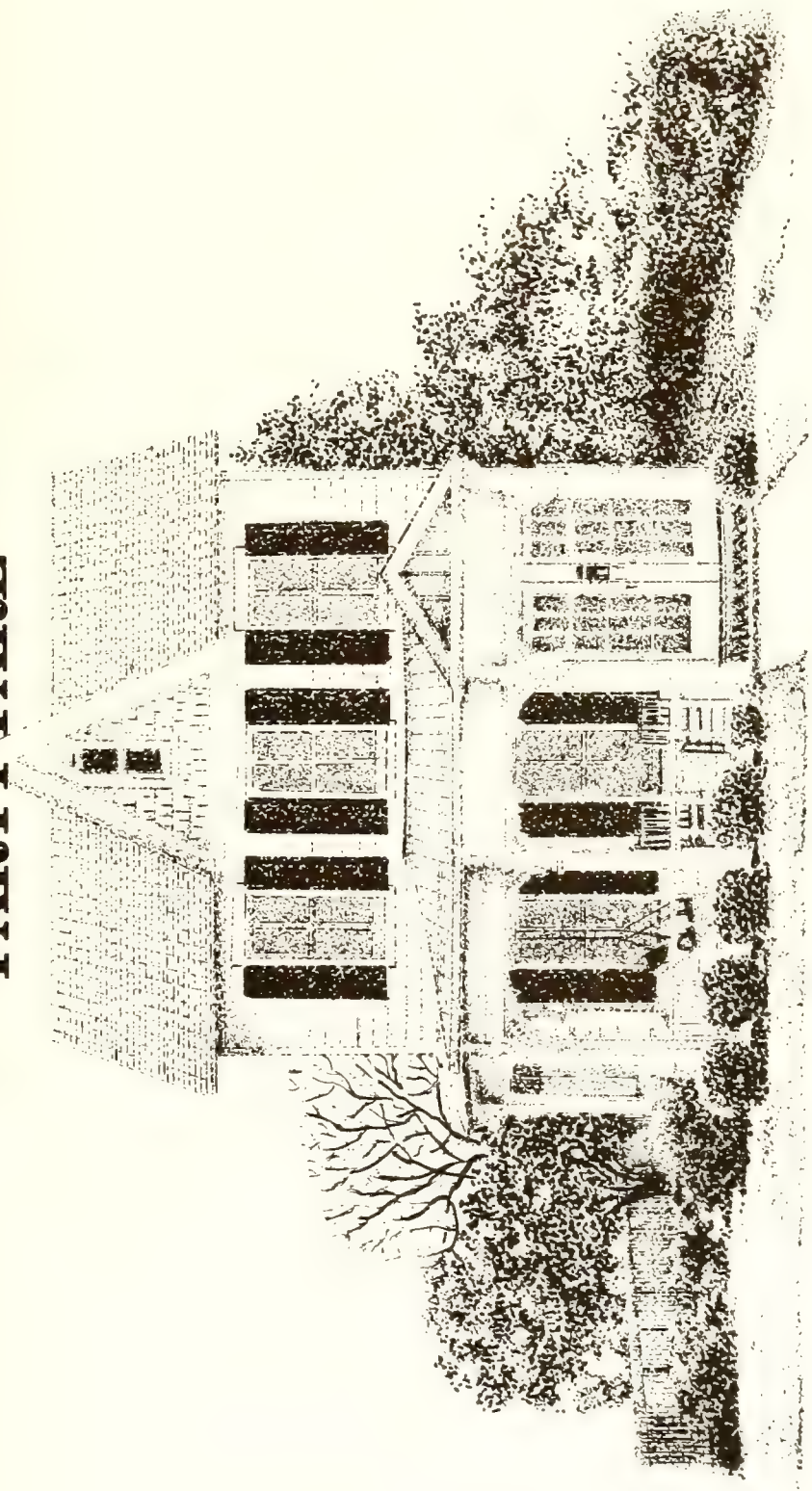


## **Bell-Snowden House**

Originally built by Mrs. Jennie Bell's family in approximately 1890 (actual records show 1893) of cypress and heart pine. The building was purchased in 1916 by Captain and Mrs. M.S. Snowden and enlarged in 1926. The property has remained in the Snowden family since their purchase.

Present Owner, Captain Macon Snowden

# PARTY FARE



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Present Owner, Captain Macon Snowden



# Party Fare

One of life's pleasures is entertaining guests, and no words are more welcome to the hostess than "Beautiful, delicious food."

A relaxed hostess is an asset to any party, and planning party food well in advance guarantees confidence at party time.

If one has time, many of these recipes may be prepared in advance and frozen or refrigerated, thus leaving time for last minute things such as arranging and garnishing.



## Appetizers

### DALLAS WILLIS, JR.'S CAROLINA CHEESE BISCUITS

2 sticks butter, softened

2 cups grated sharp Cheddar cheese

2 cups pre-sifted all-purpose flour

1/4 teaspoon salt

1/8 teaspoon hot sauce (Tabasco)

Paprika

Pecan halves (optional)

Preheat oven to 350°. Mix together softened butter and cheese. Add flour, salt, and Tabasco either by hand or with a mixer, until all ingredients are well blended. Lightly flour rolling pin and counter. Roll out dough to 3/8 inch thickness, and cut in 1 3/4-inch rounds. Sprinkle lightly with paprika, and place a pecan half in center, if desired. Place on lightly greased cookie sheet, and bake 18 to 20 minutes or until light golden brown.

Doris Willis

*Gerry Beveridge does not use the paprika. She sometimes covers her biscuits in powdered sugar after they have baked.*

### **CHEESE CRUNCHIES**

1/2 pound butter OR margarine  
1/2 teaspoon salt  
1/4 cayenne pepper  
1/2 pound sharp Cheddar cheese  
2 cups all-purpose flour  
2 cups crispy rice cereal

Allow the butter and cheese to come to room temperature. Mix the

butter, salt, pepper, and cheese together in a bowl. Stir in the flour.

Crush the cereal in a plastic bag, using a rolling pin. Add the cereal

to the bowl, and mix well. Drop by a teaspoonful onto an ungreased

cookie sheet, and bake at 325° for 25 minutes or until golden brown.

Makes 60 to 70 biscuits.

Gerry Beveridge

*Joyce Gutknecht sometimes leaves out the cereal and wraps the dough around dates.*

### **CINNAMON TOASTED STICKS**

1 box brown sugar  
1/4 pound margarine  
1 to 1 1/2 teaspoons cinnamon  
Pinch of salt  
Whole wheat bread

Mix the sugar, margarine, cinnamon, and salt together. Spread

on slices of bread. Cut each piece of bread into 4 strips, lengthwise

(or with shaped cookie cutters). Place on well greased baking sheets

and toast for 8-10 minutes at 400° or until golden brown.

Gerry Beveridge

### **OLIVE CHEESE BALLS**

1/4 pound sharp Cheddar cheese, grated  
1/4 pound butter OR margarine  
3/4 cup all-purpose flour  
1/2 teaspoon salt  
1/2 teaspoon paprika  
48 pimento stuffed olives

Drain the olives well. Mix the remaining ingredients. Using 1

teaspoon of the cheese mixture, shape the dough around an olive.

Place on an oil sprayed cookie sheet and bake 15 minutes at 400°.

Makes 48 balls.

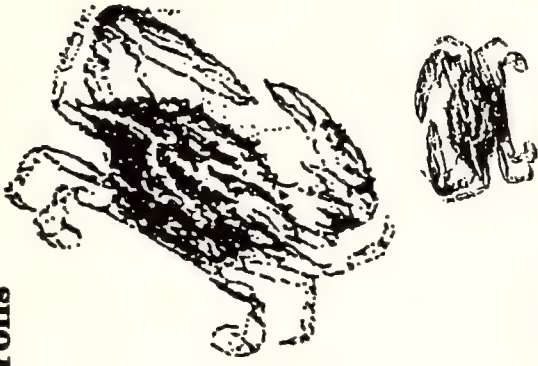
*NOTE: For a change of pace, use well drained button mushrooms in place of the olives!!!*

Gerry Beveridge



## **ONION TWIRLS**

**2 sticks margarine, softened**  
**1 envelope dry onion soup mix**  
**2 packages crescent rolls**



## **SAUSAGE CHEESE BALLS**

**3 1/2 cups Bisquick**  
**1 pound bulk sausage meat**  
**1 pound grated cheese**

Mix together the softened margarine and soup mix. This mixture should be at room temperature when used. On a sheet of wax paper, divide each package of rolls into 4 rectangles; pinch to close perforations. Be sure to have the roll dough well chilled. Spread a layer of soup mixture on each of the 4 rectangles. Roll each rectangle in jelly roll fashion; slice into 8 pieces. Each package of crescent rolls should yield 32 slices. Follow the instructions on the crescent roll package for time and temperature. *I sometimes find the rolls need more time than the package says. These are excellent. If you have any soup mixture left over, use it on baked potatoes, cooked vegetables, toast or hot rolls!*

**Fran Krautheim**

*Jean Chappell uses the mixture to spread on loaf bread, then cuts the slices into three strips and toasts in a 350° oven for 10 minutes, until golden.*

Mix ingredients together. Shape into small balls and place on an ungreased baking sheet. Bake in 400° oven for 10 to 12 minutes or until brown. *NOTE: The type of sausage (mild, hot, etc.) and cheese (mild, sharp, etc.) will change the taste. Use whichever suits your fancy. Makes about 60 servings.*

**Bobbie Midgett**

- 1/4 cup grated onion
- 1 cup mayonnaise
- 1 sleeve party rye square bread
- Parmesan cheese

**CHICKEN SALAD BALL**

- 2 cups cooked chicken breast
- 2 hard-cooked eggs
- 8 ounces cream cheese
- 2 tablespoons lemon juice
- 1/2 cup mayonnaise
- 1/4 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup chopped onion (optional)
- Chopped pecans

**CRAB DIP BALL**

- 8 ounces cream cheese
- 1/2 cup mayonnaise
- 2 tablespoons catsup
- 3 tablespoons French dressing
- 1/2 pound crabmeat
- 2 tablespoons diced onion

Mix the grated onion and mayonnaise together. Spread on slices of rye bread; sprinkle with Parmesan cheese. Toast under broiler until bubbly or brown, whichever way you like them. Serve warm.

Jean Chappell

Finely chop the cooked chicken breasts and eggs. Mix the cream cheese, lemon juice, mayonnaise, ginger, salt, and pepper together with an electric mixer. Add the chopped chicken breast, eggs, and onions (if used). Mix well together and chill. Shape into a ball and roll in chopped pecans. Refrigerate until ready to serve.

Joyce Fulford

Mix together. Shape in ball. Refrigerate. Serve with crackers.

Anna Lou Haskins



### EASY CHEESE BALL

8 ounces shredded Cheddar cheese  
8 ounces cream cheese  
2 tablespoons chopped green pepper  
Chopped nuts  
2 tablespoons chopped pimento  
2 tablespoons chopped onions  
Nuts or parsley



### KATHY MERRILL'S CHEESE BALL

2 tablespoons green pepper  
2 tablespoons chopped onion  
1 cup chopped pecans, divided  
1 teaspoon seasoned salt  
16 ounces cream cheese  
8 ounces crushed pineapple

### MAMA'S CHEESE BALL

1 pound grated sharp OR medium cheese  
16 ounces cream cheese  
1/2 teaspoon curry powder  
1 small onion, grated  
1 teaspoon Worcestershire sauce  
1 stick margarine  
1 tablespoon seasoned salt  
Crushed pecans

Mix everything together thoroughly. Form into a ball or log. Roll in finely chopped nuts or parsley. Cover and store in refrigerator. Can be frozen up to 3 months.

Kathy Yelton

Chop the pepper and onions; add 1/2 the chopped nuts. Blend all ingredients together, shape into a ball, and roll in remaining nuts. Chill 1 to 2 hours before serving.

Joyce Gutknecht  
*Jean Williams uses 1 tablespoon seasoned salt and 2 cups chopped pecans. She makes 2 cheese balls with this recipe.*

*Gerry Beveridge always adds 1/4 teaspoon ACCENT. She says, "It's a must!"*

*Joyce Lillard uses cherries for a garnish.*

Mix well all the ingredients, except pecans, and form into 4 balls, each the size of a medium orange. Roll each ball in crushed pecans and additional seasoned salt.

Phyllis O'Keef

### **CHIPPED BEEF DIP**

8 ounces cream cheese  
1 small jar dried chipped beef  
3 scallions  
1 tablespoon Worcestershire sauce

### **DRIED BEEF CRUNCHY DIP**

3 ounces dried beef  
8 ounces cream cheese  
8 ounces sour cream  
1 tablespoon minced onion  
1 tablespoon Worcestershire sauce  
1/4 teaspoon pepper  
1/2 cup chopped nuts  
Salt (taste first)

### **CRAB DIP**

12 ounces cream cheese  
1 small onion, minced  
1 tablespoon mayonnaise  
1 teaspoon seasoned salt  
1/8 teaspoon garlic juice  
8 ounces crabmeat  
12 ounces chili sauce

Soften cream cheese. Chop dried beef and scallions very fine. Mix all ingredients in a bowl. Serve at room temperature with chips, crackers or vegetables.

Marie Edwards  
*Bobbie Midgette flavors the cheese and beef with horseradish to taste, and rolls this into small balls to be served with toothpicks.*

Finely chop the dried beef. Combine all ingredients in ovenproof serving dish. Bake at 350° for 20 minutes. Serve hot with unsalted crackers or Melba Toast.

Jeanne Simpson

Cream the cheese, onion, mayonnaise, salt, and garlic juice until smooth. Reserving about 2 ounces of the crabmeat, stir the crab into the cheese mixture. Refrigerate. *At serving time, place the cream cheese onto a GLASS plate, pour the chili sauce on top, and sprinkle the reserved crab over the sauce. Serve with crackers of choice.*

Cookbook Committee



### CLAM DIP

7 ounces canned clams, reserve juice  
1/4 cup clam juice from clams  
8 ounces cream cheese  
2 teaspoons lemon juice  
1 tablespoon A-1 sauce  
1/2 teaspoon garlic salt  
1/4 teaspoon horseradish, optional

### CURRY DIP

1/2 cup mayonnaise  
3 tablespoons catsup  
1 tablespoon curry powder  
1 teaspoon onion juice (OR powder)  
1/2 teaspoon garlic salt

### DEVILED HAM DIP

8 ounces cream cheese, softened  
1 teaspoon instant minced onions  
4 1/2 ounces deviled ham  
1 teaspoon Worcestershire sauce  
1/4 cup dry red wine  
1/4 teaspoon instant minced garlic  
3 tablespoons finely chopped dill pickle  
1/4 teaspoon dry mustard

Blend well and refrigerate for flavors to mellow. *Crabmeat can also be used in this recipe.*

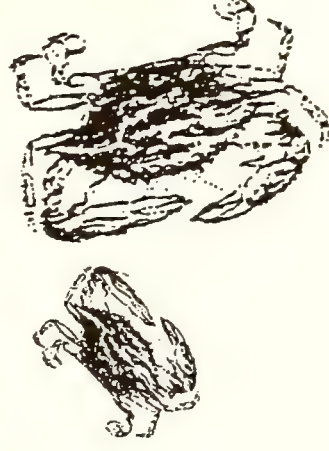
Cookbook Committee

Mix thoroughly, and allow flavors to blend before serving. *This is an excellent dip for fresh vegetables.*

Cookbook Committee

Beat cream cheese, deviled ham, and wine in small bowl until creamy. Stir in remaining ingredients. *For DEVILED HAM SPREAD, refrigerate until firm, about 8 hours.*

Rose Tankard



## DIP FOR VEGETABLES

1 tablespoon minced onions, dehydrated  
1 cup sour cream  
1 tablespoon dill seeds OR weed  
1 cup mayonnaise  
1 tablespoon seasoned salt  
1 tablespoon parsley

Mix well and refrigerate for at least 24 hours.

Claudia Lewis

## DORITO !HOT, HOT, HOT!! CHIP DIP

1-pound can stewed tomatoes, undrained  
8 ounces crushed RED pepper\*\*  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/4 heaping teaspoon cumin  
3/4 teaspoon basil  
1/4 teaspoon black pepper

Combine all ingredients in blender for a few seconds to chop up lumps. Serve with your favorite chips or crackers. \*\* 1/2 to 2/3 cup chopped jalapeno peppers may be substituted for the red pepper. *The more this dip sits, the hotter it gets!*

Jane Edwards

## MOCK GUACAMOLE

2 10-ounce cans cut asparagus  
1 cup chopped tomato  
1/4 cup finely chopped onion  
1/2 teaspoon garlic salt  
2 tablespoons reduced-calorie mayonnaise  
1/2 teaspoon chili powder  
1/4 teaspoon hot sauce

Position knife blade in food processor bowl, or use a blender. Add asparagus. Process until smooth. Transfer to a mixing bowl. Stir in tomatoes and remaining ingredients. Drain in paper towel lined, wire-mesh strainer for 1 hour. Cover and chill 3 hours.

Joyce Gibbs



### **SHRIMP DIP**

8 ounces cream cheese  
2 teaspoons lemon juice  
3 tablespoons milk  
2 drops hot sauce  
2 tablespoons catsup  
1 cup minced shrimp  
1/2 teaspoon horseradish

### **SHRIMP DIP II**

4 pounds boiled, peeled shrimp  
1 bell pepper, chopped  
1 small onion, chopped  
3 hard-cooked eggs, chopped  
2 stalks celery, chopped  
Salt and pepper to taste  
Miracle Whip to bind



### **TACO DIP**

1 1/2 pounds ground beef  
1/2 cup water  
Taco seasoning package  
2 cups sour cream  
Chopped tomatoes  
Chopped lettuce  
1 cup grated Cheddar cheese  
Dorito chips



Soften cream cheese. Add lemon juice, milk, and hot sauce. Blend well. Add catsup, shrimp, and horseradish. Refrigerate at least 1 hour.

Barbara Paerl

Mix all ingredients with enough Miracle Whip to the consistency you prefer. Salt and pepper to taste. *The original recipe had even more shrimp. I cut back on them for this recipe!*

Hugh Talton, Jr.

Brown meat, then drain. Add water and seasoning, and simmer until water cooks out; cool. Layer the sour cream in a 9x13-inch pan, and cover with the cooled beef. Layer tomatoes, lettuce, and cheese on top. Serve with Dorito or other chips of your choice.

Mary Murphy

## CHILI CON QUESO

1 medium onion, finely chopped  
3 tablespoons margarine  
3 tablespoons all-purpose flour  
1 teaspoon salt  
1 cup milk OR cream  
1 pound canned tomatoes, drained  
4 ounces green chilies  
8 ounces Monterey Jack cheese

## HOT CRAB DIP

8 ounces cream cheese  
1 pound crabmeat  
1/4 cup horseradish  
1/2 teaspoon Worcestershire sauce  
1/4 teaspoon garlic powder  
1/2 cup mayonnaise  
1 cup chopped green onions  
1 teaspoon hot sauce  
1/2 teaspoon ground red pepper

## ANOTHER CRAB DIP

2 tablespoons minced onion  
1/2 cup butter  
1/2 pound Kraft processed American  
cheese (blue box)  
6 ounces canned OR fresh crabmeat  
Worcestershire sauce to taste  
Hot sauce to taste

Sauté onions in margarine until clear and tender. Stir in flour and salt. Cook, stirring constantly, just until bubbly; remove from heat. Stir in milk (or cream) slowly; return to heat, and continue cooking and stirring until sauce thickens and begins to bubble, about 3 minutes. Stir in chopped tomatoes and chilies; cook 1 minute. Add cheese, stirring constantly until melted. Serve warm with Frito chips.

Linda Garrett

In the microwave, melt cream cheese on low. Mix all other ingredients, except the crabmeat, with the cream cheese. Fold in the crab. Warm on medium heat, stirring every 2 minutes until melted and hot. Serve with assorted crackers OR raw vegetables.

Clifton Lynch

Cook onion in 1 teaspoon butter. Mix with remaining butter, cheese, and crab in the top of a double boiler. Heat until melted. Add the sauces. Serve hot with crackers. *You may use a fondue pot or chafing dish to keep dip warm.*

Pat Humphrey



## **GREEN CHILL CHEESIES**

1 pound Cheddar cheese  
1 pound Monterey Jack cheese  
4 ounces green chilies  
4 eggs, separated  
2/3 cup evaporated milk  
1 tablespoon all-purpose flour  
1/2 teaspoon salt  
1/8 teaspoon pepper

Preheat oven to 325°. Shred both cheeses. Combine the drained and diced canned chilies with cheeses. Turn into a well-buttered 9x13-inch glass pan. In a large bowl, beat egg whites until soft peaks form. In another bowl, combine egg yolks, milk, flour, salt, and pepper. Beat well. Fold egg whites into second mixture. Pour egg mixture into cheese mixture in the casserole dish. With a fork, "ooze" the eggs through the cheese: *i.e. press the tines of the fork lightly onto the cheese so that the egg mixture oozes into the cheese!* Bake 60 minutes or until a knife inserted in the center comes out clean. Let set a few minutes, then cut into squares and serve. *This can be made ahead and then put in the microwave to be reheated just before serving.*

Linda Patton

## **HOT ARTICHOKE DIP**

1 can artichoke hearts  
1 jar marinated artichoke hearts  
1 cup mayonnaise  
1 small can green chilies  
Monterey Jack cheese to cover

Drain and chop both the canned and marinated artichoke hearts. Mix well with the mayonnaise and chilies. Put in a greased shallow baking dish. Top with Monterey Jack cheese. Bake at 350° until golden brown.

Karen Riemer

## **HOT GINGERSNAP DIP**

1 pound sharp shredded Cheddar cheese  
1 cup mayonnaise  
1 small grated onion (optional)  
Dash red pepper

Mix in a 1-quart baking dish; heat for 25 minutes at 350°, stirring occasionally until the cheese is melted and hot. Serve with gingersnap cookies.

Anna Marie Freeman

### **HOT CLAM DIP**

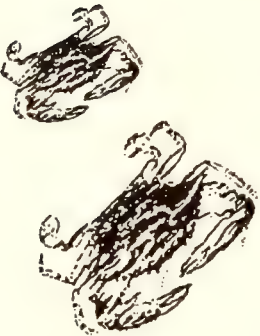
1 pint clams, drained  
3 tablespoons butter  
1 small onion, chopped  
1/2 bell pepper, chopped  
1/4 pound Velveeta cheese (only)  
4 tablespoons catsup  
1 tablespoon Worcestershire sauce  
1 1/2 teaspoons pepper  
1 tablespoon evaporated milk

### **UNEXPECTED COMPANY DIP**

1 cup real mayonnaise  
1 cup chopped onion  
1 cup shredded Cheddar cheese

### **AMY'S STRAWBERRY DIP**

8 ounces strawberry cream cheese  
7 ounces Marshmallow Creme



Mince clams, and drain again. Melt the butter; add onions and green pepper. Saute over direct heat for 3 minutes; add clams and remaining ingredients. Slowly simmer until the cheese is melted and the clams are tender. Serve with party rye bread.

Rosalie "Kate" Salter

Mix these three ingredients together, and bake for 25 minutes at 350°. This can also be microwaved for 12 to 15 minutes, stirring occasionally. Serve with any small crackers.

Kathy Yelton

Mix thoroughly and serve with fresh fruit pieces and/or crisp ginger cookies.

Kathy Krauthheim

*Anna Lou Haskins uses plain cream cheese and adds 4 tablespoons frozen orange juice. Kathy Yelton adds a dash of ground ginger and uses 1 tablespoon grated orange rind instead of the orange juice.*



### **PARTY PECANS**

1/2 stick margarine

Pecans

Soy sauce

Salt

Melt 1/2 stick margarine, coat pecans with margarine, place on cookie sheet. Put a dab of soy sauce on each pecan. Sprinkle lightly with salt. Bake at 325° for 20 minutes, or until lightly browned. Place on foil, sprinkle lightly with salt again, allow to dry. Place in sealed container.

Dolena Bell

### **ORANGE GLAZED PECANS**

4 cups pecan halves

1 1/2 cups sugar

1/2 cup frozen orange juice, thawed, no water added

Lightly toast the pecans in the oven. In a saucepan, mix sugar and concentrate; bring to a boil. Cook 2 minutes, stirring constantly. Add nuts, and stir to coat. Spread nuts on foil in a single layer so that the nuts do not touch each other. Cool until glaze is firm. Makes 4 cups.

Jean Chappell

### **PUPPY CHOW**

1 cup creamy peanut butter

1 stick margarine

6 ounces semisweet chocolate chips

6 ounces butterscotch chips

13 cups Crispix cereal

2 cups powdered sugar

Melt peanut butter, margarine, chocolate and butterscotch chips in a large pan. Place cereal in a large bowl and pour the mixture over the cereal. Stir to coat. Place the powdered sugar in a bag, and pour the mixture into the bag. Shake to coat the cereal. Remove and place on wax paper to cool completely before storing in an airtight container.

Jean Williams

## **CURRY PARTY MIX**

1/2 cup margarine  
1 1/4 teaspoons curry powder  
1 1/4 teaspoons seasoned salt  
4 1/2 teaspoons Worcestershire sauce  
1/2 teaspoon onion powder  
2 cups Rice Chex cereal  
2 cups Corn Chex cereal  
2 cups Bran Chex cereal  
2 cups Wheat Chex cereal  
1 cup chow mein noodles  
1 cup golden raisins

## **ZESTY "PICKENS"**

1 package dry Italian salad dressing mix  
1/4 cup grated Parmesan cheese  
1/2 teaspoon dill weed  
8 cups Crispix cereal  
1 cup mixed nuts  
1 cup sesame sticks OR stick pretzels  
3 tablespoons vegetable oil

## **PINEAPPLE PICK-UPS**

15-ounce can pineapple chunks  
3/4 cup vinegar  
6 to 8 cloves  
3/4 cup sugar  
1 stick cinnamon

Preheat oven to 250°. Heat margarine in large, shallow, roasting pan (about 15x10x2-inches) in oven until melted. Remove. Stir in seasonings. Add chex, noodles and raisins. Mix until all pieces are coated. Heat in oven 1 hour. Stir every 15 minutes. Spread on absorbent paper to cool. Makes 10 cups.

Blanche Merrill

Combine dry salad dressing mix, Parmesan cheese, and dill weed. Set aside. In a 2-gallon storage bag, combine cereal, nuts, and sticks. Pour oil over mixture. Close bag and gently toss mixture until well coated; add dressing mix, and toss again. Store in an airtight container. Makes 10 cups.

Blanche Merrill

Drain pineapple, and reserve juice. Add vinegar, cloves, sugar, and cinnamon to the juice. Heat for 10 minutes. Add pineapple, and bring to a boil. Chill. Serve on cocktail picks.

Jeanne Simpson

## **CRABMEAT CANAPES**

**2 (20-count) packages small party rolls**  
**16 ounces white crabmeat**  
**1/4 cup mayonnaise**  
**2 green onions, chopped**  
**6 ounces shredded Cheddar cheese**  
**1/8 teaspoon pepper**  
**1/4 cup chopped ripe olives**  
**Parsley/olives (optional)**

Scoop out centers of each roll with a melon baller. Set rolls aside. Combine picked-over crabmeat and remaining ingredients, stirring well. Spoon about 2 teaspoons mixture into each roll. Bake at 325° for 10 minutes or until cheese melts. *If desired, garnish with ripe olive slices or parsley sprigs. Can be made a day ahead, covered with foil, and refrigerated.* To serve, bring to room temperature, remove foil, and bake as directed above. Makes 40 appetizers.

**Chiyo Rice**

## **PICKLED SHRIMP**

**5 pounds cooked cleaned shrimp**  
**3 large onions, sliced**

### ***DRESSING:***

**2 teaspoons dry mustard**  
**2 teaspoons curry powder**  
**1 teaspoon salt**  
**1 tablespoon celery seeds**  
**3 cups oil**  
**3 cups white vinegar**  
**1 1/2 cups catsup**  
**2 tablespoons Worcestershire sauce**  
**1 tablespoon soy sauce**  
**1 tablespoon capers and juice**  
**3 cloves**  
**4 bay leaves**  
**Tabasco to taste**  
**Bed of lettuce**

In a large container with a tight fitting lid, layer the shrimp and sliced onions. Combine all the dressing ingredients, and pour over the shrimp and onions. Close container, and marinate 3 days before serving. Be sure to stir well each day. Drain and serve on a bed of lettuce with toothpicks.

**Frances Piver**





## **QUICK STROMBOLI**

1 package crescent rolls  
1 small jar Pizza Quick sauce  
1/4 pound Provolone cheese, sliced  
1/4 pound sliced pepperoni

Roll out crescent rolls on wax paper dusted with flour. Cover

dough with a layer of pizza sauce. Place cheese on top of sauce; top with pepperoni. Roll in jelly roll fashion. Brush with melted butter, and cook according to the time and temperature on the roll package. Let the roll cool before slicing and serving. *This can be used for a main course as well as an appetizer. Use your imagination for other types of fillings. Both minute steaks and ham work well in this recipe.*

Bobbie Midgette

## **SHRIMP CANAPÉS**

1 cup boiled shrimp  
4 ounces sharp Cheddar cheese, grated  
1 tablespoon minced onion  
1 cup mayonnaise  
1/2 stick margarine  
Pepperidge Farm French rolls (4 rolls per package)

Place shrimp in blender, and chop for a few seconds; mix with cheese, onion, and mayonnaise. Slice bread thin, and spread lightly with margarine. Spread with shrimp mixture. Bake at 450° for 10 to 12 minutes. *NOTE: Can be made ahead and frozen. Place on large cookie sheet and freeze. Bake as above. Makes 60 to 70 canapés.*

Linda Garrett

## **SHRIMP KABOBS**

Shrimp  
Pineapple chunks  
Cherry tomatoes  
Green pepper chunks  
French dressing to marinade

For each kabob, alternate on a wooden skewer the shrimp, pineapple, tomatoes, and green pepper. Be sure to leave a "finger-hold" space. Place kabobs in a shallow baking pan. Pour French dressing over all, and marinate overnight if time permits, otherwise, 2 hours minimum. Broil on bottom rack until the shrimp are done. Serve immediately.

Harriette Kirk

## **TORTILLA ROLL-UPS**

8 ounces cream cheese  
2 cups sour cream  
1 small onion, chopped  
Juice from 1/2 lemon OR lime  
5 jalapeno peppers, chopped  
2 packages small flour tortillas  
Salsa

Chop onion and peppers; mix all ingredients well. Spread mixture thickly on tortillas, and roll up. Refrigerate at least 2 hours. Slice and serve with salsa.

Bobbie Midgette

## **VEGGIE PIZZA**

2 cans crescent rolls  
8 ounces cream cheese  
1 tablespoon mayonnaise  
1 package Good Seasons Italian mix  
Chopped fresh vegetables of choice  
Grated Cheddar cheese

Open one can of rolls; unroll the dough and lay flat on a cookie sheet; pinch seams together. Repeat with the remaining roll of dough. Bake until dough is brown at 325° to 350°. *You should have 2 separate crusts.* Mix the mayonnaise and Italian dressing mix together with the cream cheese. Spread on top of the crusts. Top with chopped fresh vegetables (celery, green peppers, onions, mushrooms, ripe olives, carrots, chopped tomatoes, or cucumbers). Sprinkle with grated cheese, and press lightly into the vegetables to keep them from falling off the crusts. Cut in small pieces. Refrigerate.

Alice Spencer

## **COCKTAIL WIENERS IN SWEET AND SOUR SAUCE**

8 ounces red currant jelly  
2 tablespoons pepper jelly (optional)  
3/4 cup prepared mustard  
1 pound smoked cocktail wieners

In a medium sauce pan, cook jellies and mustard until mixture is blended. Add wieners and cook until bubbly. Simmer for 10 minutes.

Sandy Lockwood  
Linda Garrett

## CRAB AND CHEESE ON ENGLISH MUFFINS

1 can crabmeat  
1 jar Old English cheese  
1/8 teaspoon garlic salt (OR more)  
Dash Worcestershire sauce  
Mayonnaise (enough to make spreadable)  
Dash seasoning salt  
1 package English muffins

## EGG FU YUNG

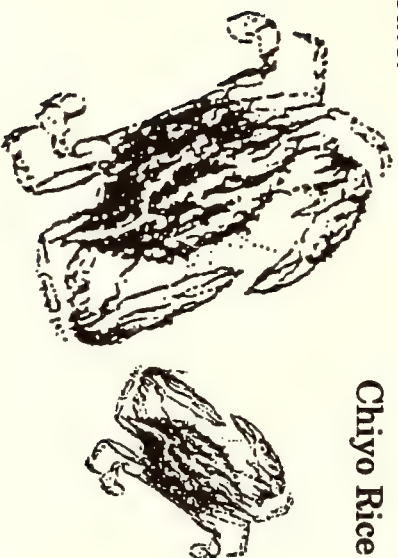
4 eggs  
1 cup crabmeat, flaked  
1 tablespoon soy sauce  
1 teaspoon salt  
1/4 teaspoon pepper  
1 tablespoon cornstarch  
1/4 cup shredded onion  
1/4 cup shredded celery  
1/4 cup shredded carrots  
4 tablespoons oil, divided  
*SAUCE:*  
2 teaspoons cornstarch  
1 tablespoon soy sauce  
1 teaspoon sherry  
1/2 cup water  
1 tablespoon catsup

Mix everything (except muffins) together, and spread on split English muffins. Place on a cookie sheet, and immediately freeze. After the muffins are frozen, you may either rewrap the muffins to be used at a later time, or cook at 350° for 15 to 20 minutes. Either serve whole or cut into wedges.

Jean Chappell

Break eggs into a large bowl; add crabmeat, 1 tablespoon soy sauce, salt, pepper, and 1 tablespoon cornstarch. Beat with fork 1/2 minute. Heat 2 tablespoons oil, and sauté vegetables for 1 minute. Remove and let cool. Add vegetables to eggs and crab; mix well. Add 2 tablespoons oil to pan, and reheat. Fry in small omelets of 2 tablespoons each. Add oil as necessary. To make the sauce, combine the 2 teaspoons cornstarch, the soy sauce, sherry, water, and catsup; bring to a boil. Simmer until the mixture thickens, stirring constantly. Pour over the omelets. *NOTE: This recipe is also good used for main course at other meals.*

Chiyo Rice





2 or 3 jalapeno peppers, seeded and chopped OR (1 can green chili peppers, drained and chopped)  
1 pound SHARP Cheddar cheese, shredded  
6 eggs, beaten

Jean Chappell

### QUICK AND SASSY COCKTAIL BITES

1 package chili seasoning  
1/2 cup water  
1/4 cup catsup  
1 tablespoon brown sugar  
1 tablespoon cider vinegar  
1 teaspoon mustard  
1 pound smoked sausage

Harriette Kirk

### SAUSAGE APPETIZERS

2 pounds pork sausage links  
2 tablespoons water  
13-ounce can pineapple chunks  
1 cup liquid (pineapple juice/water)  
1/2 cup brown sugar  
2 tablespoons cornstarch  
1/8 teaspoon salt  
1/4 cup lemon juice  
1/2 cup green pepper in 3/4-inch pieces  
1/2 cup maraschino cherries, drained

Chiyo Rice

## JEAN'S MANHATTAN MEATBALLS

2 pounds ground chuck  
2 cups bread crumbs  
2 teaspoons salt  
2 eggs  
2 teaspoons grated onion  
Parsley garnish

### SAUCE:

2 tablespoons butter OR margarine  
1/2 cup barbeque sauce  
10 ounces pineapple preserves

## CHEESE AND STRAWBERRIES

1 pound sharp cheese, grated  
1 cup chopped nuts  
1 small onion, grated  
1 cup mayonnaise  
Salt, pepper, cayenne pepper  
12 ounces strawberry preserves

Mix together and form balls. Melt shortening in skillet or in roasting pan. Brown meatballs and drain.

Mix sauce and preserves together and pour over meatballs. To serve, warm in a crock pot or chafing dish.

Rose Tankard  
*Bobbie Midgett's recipe calls for 12 ounces of chili sauce and 12 ounces of grape jelly for her sauce.*

Combine all ingredients except the preserves. Refrigerate. One hour before serving, form into a ring, and fill center with strawberry preserves. Serve with crackers. Makes 24 servings.

Jeanne Simpson



**CHEESE AND CELERY**

- 1 cup catsup
- 1 tablespoon horseradish
- 1 teaspoon lemon juice
- 1 teaspoon Worcestershire sauce
- 8 ounces block cream cheese
- 1 can minced clams
- Lemon wedges, parsley garnish

**SMOKED OYSTER SPREAD**

- 8 ounces cream cheese
- 3 tablespoons dry sherry
- 1/2 cup Parmesan cheese
- 1/4 teaspoon paprika
- 1 teaspoon grated onion
- 1/2 teaspoon dill weed
- 1 can smoked oysters
- 1 cup whipped cream

**CRUNCHY SHRIMP SPREAD**

- 1 can water chestnuts
- 6 small green onions
- 3/4 pound boiled peeled shrimp
- 1 cup mayonnaise
- 1 tablespoon soy sauce

Combine the catsup, horseradish, lemon juice, and Worcestershire sauce to make a cocktail sauce. Place the cream cheese block on a serving dish. Completely cover with the cocktail sauce. Drain clams, and spoon on top of the sauce. Garnish with lemon wedges and parsley. Serve with crackers.

Jean Chappell

Beat the cream cheese smooth; blend in Parmesan, paprika, onion, and dill. Drain and chop the oysters; stir in. Gently fold in the whipped cream, and refrigerate. Serve with crackers. *This spread is also good for stuffing celery and other vegetables.*

Fran Krauthheim

Drain and chop the water chestnuts. Chop the onions, tops too! Mix all ingredients well, cover and refrigerate for 4 hours. Taste and add more soy sauce if desired. *This is an excellent spread for crackers or to use for sandwiches.*

Linda Patton



### **DEVILIOUS HAM SPREAD**

16 ounces cream cheese  
2 cans deviled ham  
2 tablespoons sweet pickle relish  
2 teaspoons prepared mustard  
1/2 teaspoon salt  
Dash of pepper

Combine cream cheese with deviled ham, mixing until well blended. Add remaining ingredients; mix well. Chill. Serve with party rye bread.

Chiyo Rice

### **PARMESAN/BACON SPREAD**

16 ounces cream cheese, softened  
1/4 cup Miracle Whip  
1/3 cup Parmesan cheese  
8 tablespoons bacon bits  
3 tablespoons chopped green onion tops

Mix well; cover. Chill for 4 to 6 hours. Serve with crackers.

Linda Patton

### **SHRIMP MOLD**

3 hard-cooked eggs  
3 1/2 cups chopped cooked shrimp  
1 medium onion, minced  
2 packages Knox gelatin  
1/2 cup cold water  
Juice of 2 lemons  
2 cups Miracle Whip

Mash the eggs well; add the chopped shrimp and minced onion. Dissolve the gelatin in water, and melt over low heat. Cool slightly. Add the lemon juice and Miracle Whip to the cooled gelatin. Stir to dissolve lumps. Combine both mixtures, and stir well to blend thoroughly. Pour into a 5 1/2 cup mold. Refrigerate overnight. Place on a platter with crackers of your choice. *If you use a fish mold, use sliced green olives for eyes.*

Joyce Lillard

In a mixer combine all ingredients except the shrimp. Mix well and fold in shrimp. Serve on crackers.

Nell Thomas

**8 ounces cream cheese**  
**1/3 cup mayonnaise**  
**1 teaspoon lemon juice**  
**2 tablespoons white wine**  
**1/2 teaspoon minced onion**  
**1/3 teaspoon salt**  
**1/2 teaspoon Worcestershire sauce**  
**1 pound boiled shrimp, chopped**

### **SMOKED SALMON PATÉ**

**1/2 tablespoon onion**  
**1/2 tablespoon minced parsley**  
**4 ounces cream cheese, softened**  
**1 tablespoon lemon juice**  
**1/4 teaspoon garlic powder**  
**1/4 pound smoked salmon**  
**Mayonnaise OR lemon juice, optional**

Mince the onion and parsley together. Mix with other ingredients, and thin down with a little mayonnaise or lemon juice, if desired. Serve with crackers, or party rye or pumpernickel breads.

Karen Riemer

*Linda Garrett would double this recipe and add 1 teaspoon horseradish, chill the mixture, and shape it into a log rolled in 1/2 cup chopped pecans...no optional mayonnaise or lemon juice!*

### **TUNA SPREAD**

**2 cans water packed tuna, drained**  
**1 onion, chopped**  
**1 can water chestnuts, chopped**  
**Dash lemon juice**  
**Curry and mayonnaise to taste**

Combine all ingredients and heat in a double boiler until hot. Serve in a chafing dish with Triscuits or other crackers of your preference.

Linda Garrett

## **REUBEN BAKE**

8 ounces Swiss cheese, shredded  
16 ounces sauerkraut, drained well  
1/4 pound corned beef, chopped  
1 medium onion, minced  
1 cup mayonnaise  
1 loaf party rye bread  
1 loaf party pumpernickel



Mix all ingredients together except the breads. Bake in a covered dish at 350° for 30 minutes. Serve hot, spooned on party breads.

## **Beverages (Hot and Cold)**

Whether you are looking for a cup of hot chocolate for the children on a cold day, a wassail for your Christmas party, a punch for a special occasion, or an Orange Julius for a mid-afternoon moment of relaxation, you will find it here!

### **WASSAIL**

1 cup sugar  
6 cups water, divided  
2 sticks cinnamon  
16 cloves  
3/4 cup unsweetened orange juice  
3/4 cup unsweetened grapefruit juice  
1/4 cup lemon juice  
2 cups apple cider  
24 maraschino cherries

Boil sugar and 2 cups water with cinnamon and cloves. Add juices, apple cider, and 4 cups water. Bring to a boil. Remove cinnamon and cloves; serve hot or warm. Add a cherry to each cup before serving. *If you wish, you may add a thin slice of orange to each cup, too.* Makes 4 servings.

Blanche (Mrs. Mahlon) Williams



**FRUITFUL COFFEE**

- 2 cups Coffeemate creamer
- 1 1/2 cups instant coffee
- 1 1/2 cups hot cocoa mix
- 1 1/2 cups sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg

**HOT CHOCOLATE MIX**

- 1 pound instant chocolate milk mix
- 1 pound powdered sugar
- 6 ounces non-dairy creamer
- 1/4 cup cocoa powder
- 8-quart box powdered milk

**RUSSIAN TEA MIX**

- 1 cup lemon-flavored instant tea, unsweetened
- 2 cups Tang
- 2 cups sugar
- 1/2 teaspoon ground cloves
- 1/2 teaspoon cinnamon

**ORANGE JULIUS**

- 4 to 5 ice cubes
- 1 tablespoon powdered sugar
- 1 cup orange juice

Mix together and store in an airtight container. To serve, mix 2-3 teaspoons (depending on your taste) to one cup of boiling water.  
*NOTE: You can use regular or decaffeinated instant coffee.*

Carole Williford

Mix all together, and store in an airtight container. To serve, add 1 cup boiling water to 3 tablespoons mix.

Jean Chappell

Mix well; store airtight. Use 2 teaspoons mix per cup of boiling water.

Jean Chappell

Crush ice in blender; add sugar and juice. Blend well. 1 serving.

Marie Edwards

## COFFEE PUNCH

2 quarts strong coffee  
2 cups milk  
1/2 cup sugar  
1 teaspoon rum flavoring (optional)  
1 teaspoon vanilla  
1 cup whipping cream  
1 quart chocolate OR vanilla ice cream  
Miniature marshmallows

## FRUIT PUNCH

1 6-ounce can frozen orange juice  
2 6-ounce cans frozen limeade  
1 large can pineapple juice  
1 pint cranberry juice  
2 to 4 cups cold water  
2 quarts ginger ale, chilled  
1 quart soda water, chilled



Combine coffee, milk, sugar, and flavorings; stir until sugar dissolves. Chill until ready to serve. Just before serving, stir whipping cream into coffee mixture. Scoop ice cream into a punch bowl, and gradually pour coffee mixture over ice cream. Float marshmallows on top. Makes 1 gallon.

Donna Mason

Mix all juices together with cold water in a large container. Thaw, if still frozen, and mix well. Pour mixture into punch bowl. Add ice cubes. Just before serving, gently pour in ginger ale and soda water. Top with fruit ice ring and sprigs of mint or fruit garnish, if desired. Makes 30 servings.

Dorothy Johnson

*NELL THOMAS does not use the limeade or soda water in her fruit punch.*

### *FRUIT ICE RING:*

Use any combination of lime, lemon, or orange slices. Arrange in pattern in bottom of 8" ring mold. Add water to cover fruit. Freeze. To unmold, loosen ring by dipping bottom of mold into warm water. Float on top of punch.

2 46-ounce cans pineapple juice  
2 12-ounce cans thawed orange juice  
6-ounce package lemon gelatin  
4 quarts ginger ale, chilled  
Fruit slices, optional  
Maraschino cherries, optional

### **FRUIT PUNCH FOR 100**

4 16-ounce cans frozen orange juice  
2 12-ounce cans frozen limeade  
2 12-ounce cans frozen lemonade  
Dilute juices as directed on can  
5 quarts ginger ale  
2 26-ounce cans pineapple juice  
2 26-ounce cans orange juice  
6 packages pre-sweetened Kool-Aid  
4 pounds sugar

### **JELLO PUNCH**

3 ounces strawberry OR lime jello  
1 cup sugar  
1 cup boiling water  
1 large can frozen lemonade  
1 large can pineapple juice

Combine juices and jello which has been dissolved in hot water; stir well and chill. To serve, combine chilled mixture and ginger ale in a punch bowl. Garnish with fruit slices and cherries, if desired. Serves 30.

Chiyo Rice

Combine all ingredients several hours in advance for flavors to "mellow." Refrigerate; serve with crushed ice. *NOTE: Use whichever Kool-Aid you wish: Lime for green punch, strawberry for pink, orange for orange, etc.*

Pat Humphrey

Dissolve jello and sugar in boiling water; add juices. Add enough water to make 1 gallon. Serve over crushed ice. Makes 1 gallon.

Blanche Merrill

*Pat Humphrey adds 1 cup sugar and freezes mixture until needed. Thaw until mushy, and add ginger ale to taste, if you wish.*



## PINEAPPLE PUNCH FOR FORTY

1 quart water  
1 large lemon jello OR 2 small  
4 cups sugar  
1 small bottle lemon juice  
2 quarts pineapple juice  
Ginger ale to taste

## KOOL-AID PUNCH

3 packages unsweetened Kool-Aid,  
any flavor  
4 cups sugar  
3 quarts water  
1 large can pineapple juice  
2 liters ginger ale

Heat water, jello, and sugar until dissolved. Remove from heat, and add juices. Freeze in quart-size zipper bags. When frozen, remove, and place in a punch bowl; add ginger ale to taste, approximately 1 bottle per 1/2 gallon mix.

Patty Springle

Mix the Kool-Aid, sugar, water, and juice together. Stir until the sugar is completely dissolved. Chill or freeze. Add the ginger ale just before serving. If the base is frozen, thaw until mushy before adding the ginger ale.

Joyce Gutknecht

## "MISS" ALMA POTTER'S HOT OR COLD TEA PUNCH

1 quart boiling water  
9 tea bags  
1 teaspoon cloves  
3 sticks cinnamon  
21 cups water  
3 cups sugar  
9 tablespoons lemon juice  
3 cups orange juice  
3 quarts pineapple juice  
1 quart boiling water  
Ginger ale to taste, optional



Pour the 1 quart of boiling water over the tea bags. Add the spices to the hot mixture and allow them to steep with the tea (spices may be placed in a cheese cloth bag to be removed) for 5 minutes. Mix the remaining ingredients in a huge container, and add the tea. Keep the punch refrigerated, and use tea as you need it. *The tea may be served either hot in the winter or over ice in the summer with ginger ale if you like. "Miss" Alma must have made a million gallons for UMW functions!*

Jean Chappell  
Vivian Huntley

**48 ounces orange juice**  
**48 ounces pineapple-grapefruit juice**  
**1 pint cranberry juice cocktail**  
**1 quart ginger ale**  
**1 quart orange sherbet**

Chill juices and ginger ale thoroughly. Mix liquids in punch bowl, and add sherbet. Makes 35 servings.

Pat Humphrey

### **SPOOKS' PUNCH**

**12-ounce lemonade concentrate, thawed**  
**4 cups water**  
**1 pint orange sherbet**  
**1 quart orange soda**

Mix the lemonade and water together. Chill. Just before serving, add the orange soda and sherbet. Stir until frothy. Serves 25.

Sue Perkins

### **CHRISTIAN ADVOCATE STRAWBERRY PUNCH**

**3 10-ounce packages frozen sliced strawberries, thawed**  
**1/2 gallon vanilla ice cream**  
**6-ounce frozen lemonade**  
**2 quarts ginger ale**

Place strawberries in punch bowl; slice vanilla ice cream over them, and pour in lemonade concentrate. Add ginger ale over the top. Serve. *This is easy and delicious!* Makes 30 to 35 cups.

Pat Humphrey

### **PINK PARFAIT PUNCH**

**1 6-ounce can frozen lemonade**  
**1 6-ounce can frozen limeade**  
**1 48-ounce can pineapple juice**  
**2 1/2 gallons vanilla ice milk**  
**1 1/2 gallons strawberry ice milk**  
**1 quart ginger ale**

Dilute frozen juices according to directions on can. Mix juices together in punch bowl. About 10 minutes before serving, combine in a large bowl 1/2 gallon of vanilla and 1/2 gallon of strawberry ice milk which has been partially thawed; then pour into punch bowl. When ready to serve, add ginger ale, and float remaining 1/2 gallon vanilla ice milk in punch. Makes 50 1/2 cup servings. *This recipe can be easily doubled, tripled, quadrupled....*

Pat Humphrey

## FAVORITE RECIPES

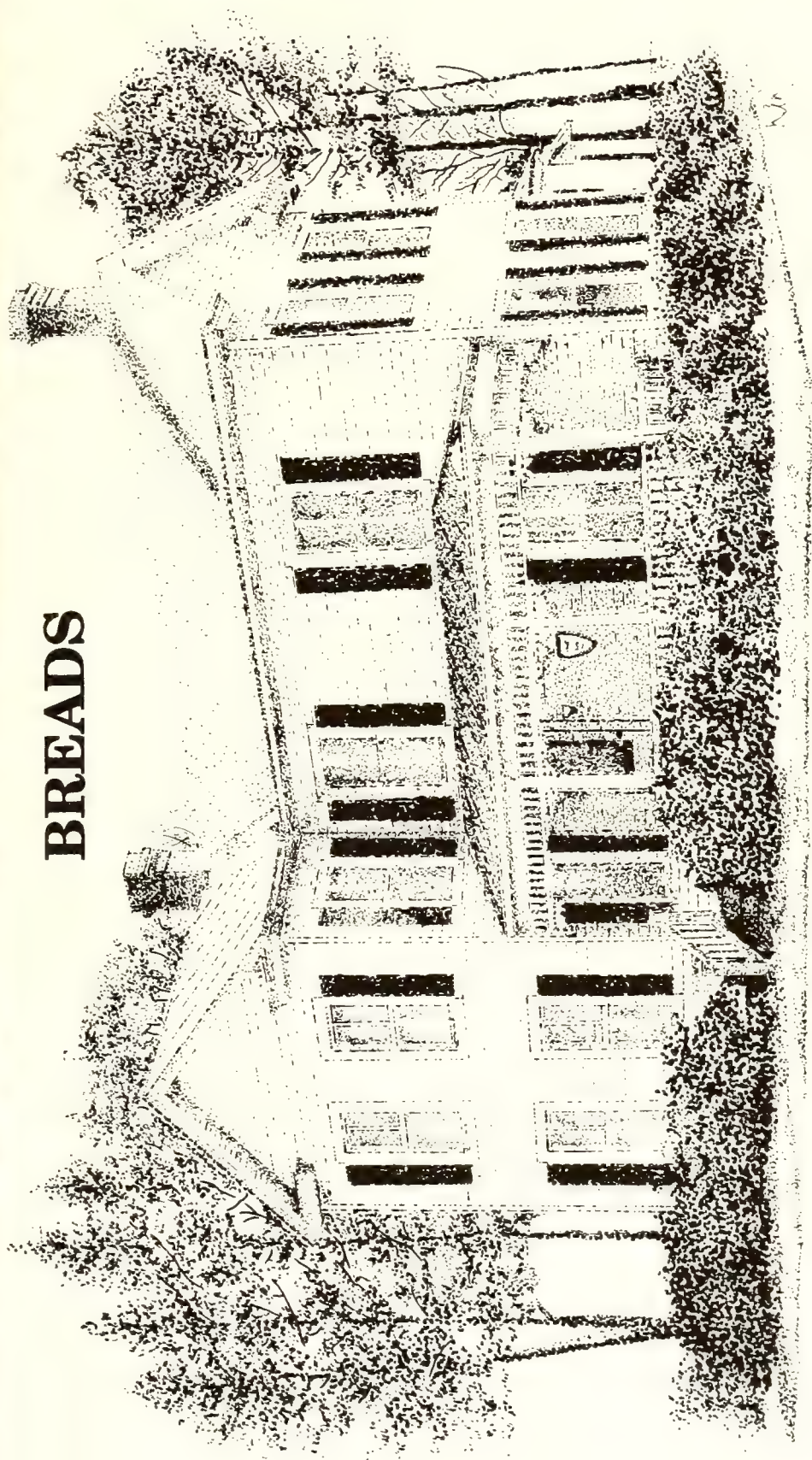
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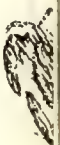
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# BREADS



**Borden-Lewis House**



## BORDEN-LEWIS HOUSE

Carteret County Register of Deeds records show that Mollie Borden Morton sold to Clifford Lewis, May 22, 1936, for the sum of \$1,800, the house located at 204 Pollock Street, lot 38, New Town, Beaufort, North Carolina.

The kitchen and dining room of this house had been slave quarters on the Borden Plantation, Harlowe, North Carolina, in the early eighteen hundreds and were moved to their new location in Beaufort on a barge through the Harlowe Canal.

The front part of this house was built in 1901-1902, but the slave quarters were not attached until 1939. The sills used in the slave quarters are hand-hewn and unfinished and put together with wooden pegs. The walls and ceiling are beaded, and the floors are seven-inch wide boards which are unfinished.

Present Owner, Mrs. Valeria W. Lewis



Many a good cook's reputation is founded on the wonderful breads that come from the kitchen. In colonial days in our country, bread making was part of every young girl's training. Many delicacies--hot biscuits, corn bread, flapjacks, and spoon bread--were the end result of this training and were enjoyed by the family.

Even though bread machines and packaged baked mixes are now commonplace in modern kitchens, many of us still enjoy "from scratch" baking. There is nothing so gratifying as making breads! Mixing and kneading the dough, the rising of the dough as it bakes, and, at last, the delight of eating give such satisfaction to the cook!

Part of my early memories of Beaufort include the aroma of freshly baking bread from Betts' Bakery on Front Street. There, for a nominal fee, we were able to buy hot rolls, donuts, and a favorite of mine, fruit sticks! These were baked in long pans, and cut in bars with tasty raisins, molasses, and citron. Unfortunately, we were not able to find the recipe for this wonderful bakery treat which was a favorite of many others in Beaufort, also. A long line formed every afternoon around four or five o'clock to purchase bread or rolls for supper, and, maybe, an occasional sweet treat. Fellowship dinners at Ann Street Methodist Church were also memorable for their home baked breads along with pies of all kinds. If you're interested in bread making, try *Mother Earth News'* "The World's Best Bread Recipe" for wonderful oatmeal bread, Mama's Cornbread or Lightnin' Rolls for a start. Sixty some recipes for yeast and quick breads are included in this category, and we know you'll want to try making many of them.

The breads offered here have come from many places, but all of them have been used in Southern kitchens and passed along as favorites to be shared.

Have fun!

**REMEMBER, YEAST BREADS SHOULD ONLY BE MADE IN GLASS OR CROCKERY BOWLS IF YOU WANT GOOD RESULTS.**



# ANGEL BISCUITS

2 packages active dry yeast  
 1/4 cup warm water (110-115°)  
 2 cups warm buttermilk (110-115°)  
 5 cups all-purpose flour  
 1/3 cup sugar  
 1 tablespoon baking powder  
 1 teaspoon baking soda  
 1 tablespoon salt  
 1 cup shortening  
 Melted butter OR margarine

# FINNISH SWEET BREAD (NISUA)

2 1/4 cups milk  
 1 stick butter OR margarine  
 2 eggs, beaten  
 1 package yeast  
 1/4 cup warm water  
 1 cup sugar  
 1 1/2 teaspoons ground cardamom  
 7 to 10 cups all-purpose flour  
 1/8 teaspoon salt  
 Melted butter/sugar

Dissolve yeast in warm water. Let stand 5 minutes. Stir in buttermilk; set aside. In a large mixing bowl, combine flour, sugar, baking powder, soda, and salt. Cut in shortening with a pastry blender until mixture resembles coarse meal. Stir in yeast/buttermilk mixture; mix well. Turn out onto a lightly floured surface; knead lightly 3 to 4 times. Roll to a 1/2-inch thickness. Cut with a 2 1/2-inch biscuit cutter. Place on a lightly greased baking sheet. Cover and let rise in a warm place about 1 1/2 hours. Bake at 450° for 8 to 10 minutes. Lightly brush top with melted butter. Makes about 2 1/2 dozen biscuits.

Rose Tankard

Heat milk, butter, and sugar together. Let cool until lukewarm. Add eggs. Soften yeast in warm water and add this to the milk mixture. Add cardamom and stir. Add as much flour as the liquid mixture will hold (being sure to leave some flour for kneading), and salt; knead 15 minutes. The dough will be soft. Let dough rest 10 minutes. Separate dough into 3 parts and place in 3 greased pans until double. (Dough can also be braided.) Bake at 375° for 45 minutes. Brush tops with melted butter, and sprinkle with sugar. Makes 3 loaves.

Sandy Lockwood

**1 package yeast**  
**2 1/2 cups warm water, divided**  
**3 heaping tablespoons shortening**  
**3 to 4 cups all-purpose flour, divided**  
**2 teaspoons salt**  
**3 teaspoons sugar**  
**Butter to grease pan**



## **LIGHTNIN' CORN BREAD**

**2 cups cornmeal**  
**2 tablespoons sugar**  
**1/2 cup all-purpose flour**  
**1 package yeast**  
**2 tablespoons oil OR margarine**  
**1 egg**  
**1 cup warm (95 to 110°) water**

*Nut breads typically crack down the middle of the top.*

Dissolve the yeast in 1/2 cup warm water. Blend shortening into 2 1/2 cups flour along with salt and sugar. Add 2 cups warm water, and mix. Pour in yeast water, and mix again. Use 1/2 cup flour, and knead in a little at a time until the dough becomes satiny and smooth to the touch. Let rise in a glass or crockery bowl\* 2 to 2 1/2 hours, covered, in a warm place. Grease baking pan with butter. Use 1/2 cup flour to put on hands to keep from sticking to dough; add in the rest while kneading a second time. Form rolls approximately 3 inches wide and 2 inches thick. Put in preheated 350° oven, and bake 20 to 30 minutes or until golden brown.

Jerry Riffin  
*Algia Fulcher doubles the amount of flour in this recipe. It is also important to mix everything with your hands for best results! Be sure to allow the rolls to rise until doubled before baking.*

*\* The bread will not rise properly if you use any other type of bowl!*

Mix all ingredients in a large bowl, and let sit for an hour or more. Stir and pour into a greased pan, and allow to rise for another hour or more. Bake in a 350° oven until golden brown.

Algia Fulcher

## NON-CHOLESTEROL ROLLS

1 cup skim milk  
5 to 6 tablespoons sugar  
1 tablespoon salt  
7 tablespoons vegetable oil  
1 package yeast  
1 cup lukewarm water  
6 cups all-purpose flour, sifted

## SWEET POTATO ROLLS

2 medium sweet potatoes, 1 cup mashed  
Water to boil potatoes  
2 packages dry yeast  
7 cups all-purpose flour, divided  
2 teaspoons salt  
1/2 cup sugar  
1 cup milk  
1 stick margarine  
1 egg

*DO NOT USE PALM OR COCONUT OIL, OR ANY BLEND CONTAINING THESE.*

Scald milk; add sugar, salt, and oil. Stir to dissolve, and cool to lukewarm. Dissolve yeast in lukewarm (about 110°) water, and add to the milk mixture. Mix in 3 cups flour, and beat until perfectly smooth. Add remaining flour, and knead well (about 10 minutes). Place in greased bowl, turning to grease completely; cover with a tea towel, and set in warm place free from draft. Let rise until doubled in bulk, about 1 1/2 hours. Punch dough down, shape into rolls, and place on well greased pans. Cover, and let rise about 1 hour or until rolls are doubled in bulk. (It may take a little longer than 1 hour). Bake in hot oven at 400° for 20 minutes. Makes 36 to 40 rolls.

Minnie Simpson

Boil the sweet potatoes in water until done; reserve 1 cup of the potato water. Mix yeast, 5 cups flour, salt and sugar together. Slowly heat milk to 110°, and combine with warm potato water; stir into the dry ingredients. Combine the margarine and egg with 1 cup warm potatoes, blending until smooth. Stir the potatoes into the dough, and add as much of the remaining flour as you can stir in. Turn onto a floured surface and knead in as much flour as the dough will accept until it is smooth and satiny. Place in a large, greased bowl, turning once to grease top. Cover; let rise until double in size. Punch dough down and shape into rolls. Let rise again 1 hour. Bake at 350° for 20 to 25 minutes. (*Can be frozen after baking. Dough will keep in refrigerator for one week.*) Makes 4 dozen.

Bobbie Midgett



1 cup milk  
1/2 stick margarine  
1/2 cup sugar  
1 teaspoon salt  
1 package yeast  
1/4 cup water  
2 eggs, beaten  
4 to 5 cups all-purpose flour

Scald milk. Add and stir in the margarine, sugar, and salt. While the mixture cools, sprinkle yeast over very warm water in a shallow saucer (about 110°). Stir until dissolved. Beat eggs well. Use, preferably, an earthenware bowl with tapered sides. Stir the milk mixture into the eggs; add yeast. Gradually add all the flour, beating well. Grease the ball of dough and the sides of the bowl. Cover the bowl with a greased plate. Let the dough rise in a warm place until doubled in bulk, about 1 1/2 hours. Punch the dough down. Knead for several minutes. Pat out on floured board. Cut with a small, floured cutter. Have melted butter or margarine to dip fingers into while shaping rolls; stretch dough out, and fold over for pocketbook rolls. Place in a greased pan to rise until double. Bake 7 minutes at 400°. *The dough, covered with a greased plate, may be refrigerated for the first rising, and kept for several days before being made into rolls. Rolls may also be baked, but not browned, packaged in foil, and frozen.*

Frances Piver

*Biscuits can be made ahead of time and placed covered, in the refrigerator, for an hour before baking. If you want to freeze them, freeze on a baking sheet in the freezer and when frozen, place in freezer bags, and store in the freezer. To cook, place frozen biscuits on a baking sheet, and put in a cold oven. Turn the heat to 400 degrees and bake for about 25 minutes. You can also thaw the biscuits at room temperature, and bake in a preheated 450 degree oven for about 15 minutes.*



1 package yeast  
1/2 cup brown sugar  
1 1/2 cups 110° water  
2 tablespoons melted shortening  
1 tablespoon salt  
1 teaspoon fennel seeds  
1 tablespoon caraway seeds  
2 cups white flour  
2 3/4 cups rye flour (approximately)

## **BISCUITS**

2 cups self-rising flour  
3 tablespoons shortening  
1 cup milk

Dissolve yeast and sugar in warm water. Stir in shortening, salt, and seeds. Stir in white flour. Add rye flour to make dough easy to handle. Turn dough onto lightly floured surface, and knead until smooth and elastic. Place in greased bowl with greased side up. Cover; let rise until double...about one hour. Punch down, and divide in half. Flatten dough into rectangle, then roll up tightly, beginning at one side, pinching edge to seal. Roll gently back and forth to taper ends. Place loaves on greased baking sheet; let rise uncovered about one hour. Bake at 375° until loaves sound hollow when tapped. Cool on wire rack.

Winkler Bakery, Old Salem, N.C.

## **Quick Breads**

Mix flour and shortening together; gradually add milk until thoroughly moist. Roll or pat out to 1/2-inch thickness on a floured surface. Cut and bake on an ungreased baking pan at 500° for 8 minutes or until golden brown. For BUTTERMILK BISCUITS, substitute 2/3 to 1 cup buttermilk for the milk.

Jane Cantrell sometimes cuts 1 1/4 pound cheese into cubes and wraps each biscuit around a cube of cheese before baking them.

*A turkey baster is great to use to fill muffin cups to the same height... and to make no-drip pancakes...all the same size.*

1 cup dry rolled oats  
 2 cups boiling water  
 2 packages yeast  
 1/3 cup lukewarm water  
 1 tablespoon salt  
 1/2 cup honey  
 2 tablespoons melted butter  
 4 to 5 cups all-purpose flour  
 1 egg yolk  
 Poppy or sesame seeds

## CHEESE BISCUITS

2 cups Bisquick  
 2 tablespoons sugar  
 1 cup grated cheese  
 1 egg  
 2/3 cup water OR milk

Pour the boiling water over the oats; let stand 1/2 hour. About 10 minutes before the end of the 1/2 hour, stir the yeast in 1/3 cup lukewarm water. Add the salt, honey, and melted butter to the oats, and then add the proofed yeast. Gradually add enough flour to make a kneadable dough. Turn onto a floured surface, and knead in as much flour as the dough will hold. This will take anywhere from 5 to 10 minutes. When the dough is smooth and elastic, oil the dough; let rise, covered, until double in bulk. Punch down, divide in half, and shape into 2 loaves. Place in lightly greased 4x8-inch pans. While the oven is preheating to 325°, mix a drop or two of water to the egg yolk, and spread generously on top of each loaf. Sprinkle lots of poppy or sesame seeds on the loaves, and bake about 50 minutes. *As good as this bread is slightly cooled from the oven...sliced and toasted is even better! Mother Earth News named this bread, "The World's Best Bread Recipe" and they named it perfectly. IT IS EXCELLENT!!*

Fran Krautheim

Mix all ingredients in a bowl. Spoon batter evenly into lightly greased muffin cups, and bake at 400° for 15 minutes.

Bobbie Midgette



## SWEET POTATTO BISCUITS

2 cups self-rising flour  
1 tablespoon shortening (lard preferred)  
6 heaping teaspoons sugar  
Pinch of baking soda  
2 baked sweet potatoes

Howard Jones, Sr.

Mix the flour, lard, sugar, and soda together. Add the potatoes, and mix well by hand. Form into biscuits, and bake at 425° for 8 to 9 minutes.

## EMMA'S SOUR CREAM COFFEE CAKE

1 cup butter OR margarine, softened  
2 cups sugar  
3 eggs  
2 cups all-purpose flour  
1/4 teaspoon salt  
1 teaspoon baking powder  
8 ounces sour cream  
1 teaspoon vanilla  
*CINNAMON MIXTURE:*  
2 tablespoons sugar  
1 tablespoon cinnamon  
1/2 cup chopped nuts

Combine cinnamon mixture; set aside. Grease and flour a 10-inch bundt pan (tube pan will be okay if you don't have a bundt pan). Combine butter and the 2 cups sugar in a large bowl; cream until light and fluffy. Add eggs, one at a time, beating well after each addition. Combine dry ingredients; add to creamed mixture alternately with sour cream, mixing slightly after each addition. Stir in vanilla. Spoon 1/3 of the batter into the pan. Sprinkle with 1/2 of the cinnamon mixture. Repeat layers with remaining batter and cinnamon mixture, ending with the batter. Bake at 300° for 15 minutes; increase temperature to 325°, and bake an additional 55 to 60 minutes, or until the cake tests done. Cool in pan 5 minutes before removing from the pan.

Minnie Simpson

*Leftover thin pancakes can be spread with jelly or jam, rolled up, and frozen; reheat in oven and sprinkle with powdered sugar for dessert.*

1 cup sugar

1/4 cup butter

2 eggs

2 cups all-purpose flour

1 teaspoon salt

1 teaspoon baking soda

1 teaspoon baking powder

1 cup sour cream

1 teaspoon vanilla

#### *TOPPING:*

1 tablespoon brown sugar

1 tablespoon cinnamon

1/4 cup white sugar

Mix topping ingredients; pour 1/2 batter into a greased tube pan. Spread 1/2 topping over batter. Add remaining batter; cover with remaining 1/2 topping. Press topping into batter with a spoon. Bake 35 to 45 minutes at 350° or until a toothpick inserted in center comes out clean.



#### **ALL-BRAN MUFFINS**

1 1/4 cups all-purpose flour

3 teaspoons baking powder

1 1/2 cups All-Bran cereal

1 1/4 cups skim milk

1 egg

1/3 cup vegetable oil

1/2 cup raisins, seedless

Mix together. Portion batter evenly into 12 greased 2 1/2-inch muffin pan cups, or use paper liners. Bake at 400° for about 25 minutes.

Chiyo Rice

Martha James

## BLUEBERRY MUFFINS

1 egg  
1/2 cup milk  
1/4 cup oil  
1 1/2 cups all-purpose flour  
1/2 cup sugar  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 cup well-drained fresh blueberries

Evelyn Wooten

Heat oven to 400°. Grease muffin cups. Beat egg, stir in milk and oil. Measure sifted flour. Blend dry ingredients into liquid. Stir in just until flour is moistened. Batter should be lumpy. Add blueberries, and stir in slightly. Fill muffin cups 2/3 full. Bake 20 to 25 minutes or until golden brown. Serve warm. Makes 12 medium muffins.

## PINEAPPLE MUFFINS

2 1/4 cups oat bran  
1/4 cup brown sugar  
1 tablespoon baking powder  
1/2 cup skim milk  
2 8-ounce cans crushed pineapple in juice  
2 egg whites  
2 tablespoons oil

Preheat oven to 425°. Mix dry ingredients in a large bowl. Mix the milk, 1 can of pineapple with juice, egg whites, and oil in blender. Combine these two mixtures. Drain the second can of pineapple, and add to the mixture. Line a muffin pan with paper baking cups, and divide the batter evenly into the cups. Bake for 17 minutes. Makes 1 dozen.

Mildred Whitehurst

## QUICK'EASY ROLLS

2 cups self-rising flour  
1 cup milk  
4 tablespoons mayonnaise

Stir all ingredients until well mixed. Drop by spoonfuls into greased muffin tins, filling each cup 1/2 full. Bake 10 to 12 minutes at 400° until nicely browned on top. Makes 12 rolls.

Betty Weeks

*To keep a nice hard crust on bread, store in a brown paper bag.  
Plastic bags hold in the moisture and the crust will soften.*



1/2 cup margarine  
1 cup sugar  
1 large egg OR 2 small eggs  
2 cups all-purpose flour  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 teaspoon cinnamon  
1/8 teaspoon cloves  
1 teaspoon vanilla  
2 cups pared, chopped apples  
2/3 cup chopped nuts  
Powdered sugar

**LINDA GARRETT'S APPLE CHEDDAR NUT BREAD**

3 cups Bisquick mix  
3/4 cup sugar  
1/2 teaspoon cinnamon  
1 egg  
1/2 cup milk  
2 cups chopped peeled apples  
4 ounces shredded Cracker Barrel Sharp  
Natural Cheddar Cheese  
3/4 cup chopped nuts

Cream together margarine and sugar; add eggs, and beat well. Sift together flour, soda, salt, and spices. Add to margarine and sugar mixture; add vanilla, and stir in apples and nuts. A small amount of water may be added if needed to mix well. Pour into a 9-inch loaf pan that has been greased and floured. Bake at 350° for 50 to 60 minutes. Test for doneness. Let cool completely in pan. Remove from pan, and sprinkle with sifted powdered sugar.

Captains Quarters Bed and Biscuit,  
Dick and Ruby Collins, owners

Combine mix, sugar, cinnamon, egg and milk. Stir vigorously 30 seconds. Stir in apples, nuts, and cheese. Pour into a greased 9-inch loaf pan, and bake at 350° for 55 to 60 minutes. Cool completely before cutting.

Joyce Gutknecht

*If your bananas aren't ripe enough to make bread and you want to make banana bread, peel the bananas and mash with a potato masher. It works!*

**BANANA-NUT BREAD**

- 1/3 cup margarine
- 1/2 cup sugar
- 2 eggs
- 1 3/4 cups sifted all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup mashed banana
- 1 teaspoon vanilla
- 1/2 cup chopped nuts

**"BEST" BANANA-WHEAT BREAD**

- 1 1/4 cups all-purpose flour
- 1 cup sugar
- 1/2 cup whole wheat flour
- 1 teaspoon salt
- 3 cups sliced or mashed ripe bananas
- 1 teaspoon soda
- 1/4 cup butter OR margarine, softened
- 1 egg
- 1/2 cup nuts
- 1/2 cup raisins
- 2 tablespoons orange OR lemon juice
- 1 tablespoon orange OR lemon zest

Cream margarine and sugar; add eggs, and beat well. Sift dry ingredients together, and add to creamed mixture alternately with banana; add vanilla, and stir in nuts. Pour into well-greased 4x8-inch loaf pan. Bake at 350° for 45 to 50 minutes. Make a test for doneness. Cool in pan 15 minutes, then remove; cool completely on a wire rack.

Captains Quarters Bed and Biscuit,  
Captain Dick and Ruby Collins, owners

Combine all ingredients in a large mixing bowl. Blend on low speed about 3 minutes. Pour into a "sprayed" 8-inch loaf pan, and bake at 325° for about 1 hour. Test for doneness.

Karen Riemer



## HOBO BREAD

1 cup boiling water  
1 cup raisins  
2 teaspoons baking soda  
2 cups all-purpose flour  
1 cup sugar  
3 tablespoons oil  
Pinch of salt  
Pecans, if desired

Ann Williams

## PEANUT BUTTER BREAD

3/4 cup all-purpose flour  
1 teaspoon baking powder  
1/4 teaspoon salt  
1/4 teaspoon cinnamon  
1/8 teaspoon mace  
6 teaspoons sugar  
1/4 cup plus 3 tablespoons peanut butter  
1 egg, slightly beaten  
1 teaspoon oil  
1 teaspoon vanilla  
1/2 cup milk

Preheat oven to 350°. Sift the flour, baking powder, salt, and spices. Add sugar, peanut butter, egg, and oil. Mix with a fork until blended (it will be dry). Add the vanilla to the milk, and gradually add to the peanut butter mixture, stirring well until blended. Pour into a greased 8-inch loaf pan. Bake for 30 minutes, until brown; cool in pan on rack. *This bread is different and delicious...tastes great toasted with jelly. You can substitute both artificial sweeteners that do not turn bitter under high temperatures and skim milk in this recipe, and still have very good results.*

Elizabeth Ray

*For variations in biscuits and breads, add grated cheese, bacon bits, finely chopped onions, chives, or dried herbs to the dough.*



## PUMPKIN BREAD

2 cups sugar  
2/3 cup butter  
3 eggs  
2 cups canned pumpkin  
1/2 teaspoon ground cloves  
1 teaspoon salt  
1 teaspoon cinnamon  
1/2 cup water  
2 1/2 cups flour  
2/3 cup chopped nuts  
2/3 cup chopped dates

## SWEET POTATO OR PUMPKIN BREAD

3 cups sugar  
4 eggs  
2/3 cup water  
1 cup oil  
2 cups sweet potatoes OR pumpkin meat  
3 1/3 cups all-purpose flour  
2 teaspoons baking soda  
3 1/2 teaspoons salt  
1 teaspoon nutmeg  
1 teaspoon cinnamon  
2/3 cup raisins  
2/3 cup chopped pecans

Cream butter and sugar. Add eggs and beat well; add pumpkin. Sift together dry ingredients, and add with the water. Mix in dates and nuts. Divide batter evenly into 2 loaf pans. Bake at 350° for 50 to 60 minutes. Cool in pans for 15 minutes. Remove; cool completely on wire racks.

Sarah Williams

Combine sugar, eggs, water, oil, and potatoes or pumpkin. In a separate bowl combine the remaining ingredients. Pour the liquid mixture into the dry mixture; combine completely. Divide the batter among 3 greased and floured loaf pans. Bake at 350° for 1 1/2 hours.

Minnie Bessent

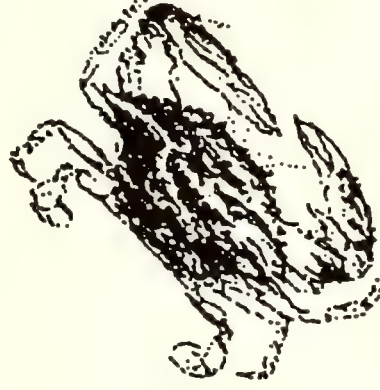
4 eggs  
 1 1/2 cups sugar  
 1 cup Mazola oil  
 3 1/2 cups all-purpose flour  
 1 teaspoon vanilla  
 1 1/2 teaspoons baking soda  
 1 1/2 teaspoons salt  
 1 teaspoon cinnamon  
 3/4 teaspoon baking powder  
 2 cups zucchini, grated  
 1 cup raisins  
 1 cup nuts, chopped

## ZUCCHINI BREAD II

1 cup oil  
 3 eggs  
 2 1/2 cups sugar  
 3 cups all-purpose flour  
 1 teaspoon baking soda  
 1/4 teaspoon baking powder  
 1 teaspoon salt  
 2 teaspoons cinnamon  
 2 cups zucchini, peeled and chopped

Blend eggs, sugar, and oil together. Add remaining ingredients; stir well. Fill 2 loaf pans 1/2 full, and bake for 45 to 55 minutes at 350°.

Vivian Huntley



Mix together oil and eggs; add sugar, and set aside. Sift together flour, soda, baking powder, salt, and cinnamon; add to egg mixture. Stir in zucchini. Bake in 2 greased and floured loaf pans for 1 1/4 hours at 350°.

Martha James  
*Betty Cregger adds 1 cup crushed pineapple with juice, 1 cup chopped nuts, and 1 cup raisins.*

## **CORN BREAD**

1/2 stick melted margarine  
1 cup cornmeal  
1/2 cup flour  
1 tablespoon baking powder  
1 teaspoon salt  
3 tablespoons sugar  
1 egg  
1 cup milk

## **MAMA'S CORN BREAD**

1 cup self-rising cornmeal  
1 cup self-rising flour  
1/4 cup sugar  
1 to 2 cups boiling water  
1 cup milk  
1 egg, beaten  
1 stick margarine, melted

## **SOUR CREAM CORN BREAD**

2 eggs  
1 cup sour cream  
1/2 cup corn oil  
8 ounces cream-style corn  
1 cup cornmeal  
1 to 1 1/2 teaspoons salt  
3 teaspoons baking powder

Melt margarine in a 9x9-inch baking dish. Mix all ingredients well. Pour into the already greased baking dish. Bake at 400° until lightly browned on top.

Aldenia Whitehurst  
Ruby Dudley

Scald cornmeal, flour, and sugar in boiling water until completely moist. Add milk, and mix thoroughly. Add beaten egg. Melt margarine in a 9-inch square baking dish. Pour half of the margarine in the mixture, and leave half in the dish. Pour mixture into the baking dish. Bake at 425° for 30 minutes. Let stand for 15 minutes before cutting into squares. 9 servings

Kerry Smith

Beat eggs; blend in sour cream, oil, and corn. Combine cornmeal, salt, and baking powder. Add to egg mixture. Bake in a greased 8-inch square pan at 375° for 40 minutes.

Virginia Moore



**1 package corn muffin mix (Thompson's)**

**1/2 teaspoon salt**  
**1 small can whole corn**  
**1/2 teaspoon soda**  
**1/2 cup self-rising flour**  
**1/2 cup grated onion**  
**1/2 cup cheese, grated**  
**1 cup milk**  
**2 eggs**

**Betty Weeks**

**BROCCOLI CORN BREAD**

**12-ounce box corn muffin mix**  
**3 eggs, beaten**  
**1 stick margarine, melted**  
**6 ounces cottage cheese**  
**10 ounces frozen, chopped broccoli**  
**1 large onion, chopped**  
**1/2 teaspoon salt**

**Margie Windley**

**SQUASH CORN BREAD**

**8 1/2-ounce package corn muffin mix**  
**3 eggs**  
**3/4 cup buttermilk**  
**1 stick margarine, melted**  
**2 cups thin sliced yellow squash**  
**1 onion, chopped fine**

**Mix all ingredients; pour into a 9x13-inch pan. Follow the instructions on the corn muffin mix package for cooking. NOTE: *Zucchini can also be used to make this bread.***

**Blanche (Mahlon) Williams**

## CORNMEAL DUMPLINGS

1 cup cornmeal  
3/4 teaspoon salt  
Hot water or pot liquor

Mix together the cornmeal and salt. Add either enough hot water, or the hot liquid from greens, to hold the corn meal together. Form into patties, and carefully place on top of whatever you are cooking...collards, beans, cabbage, chicken. Cover and cook gently 15 to 20 minutes. *Do all the mixing and forming by hand! Do not use anything metal in making these dumplings.*

Jane Cantrell  
*Bobbie Midgette adds 1 tablespoon all-purpose flour to each cup of cornmeal she uses.*

## CORN PONE

1 tablespoon shortening  
(lard is really best!)  
1 cup cornmeal  
1 teaspoon salt  
3/4 cup boiling water

Melt the shortening in an iron skillet in a 350° oven. While this is melting, combine the meal and salt. Gradually add the boiling water. Pour the melted shortening from the pan into the corn mixture and stir. Return the mixture to the pan and cook for 50 to 60 minutes. *Do not expect this to rise very much. The pone will have a nice brown, crunchy crust when it is done. Some people fry pones on a griddle.*

Becky Brown

*If you have rims around the edges of your muffins or loaf breads, grease only the bottom of the pans and only 1/2-inch up the sides next time, and your breads will have a nice rounded top! Non-stick spray will coat too high up the sides.*

- 1 cup cornmeal**
- 4 cups milk**
- 2 tablespoons butter OR margarine**
- 1 3/4 teaspoons salt**
- 4 eggs, beaten**

Mix the milk and the cornmeal. Scald; cook in top of a double boiler until the consistency of thin mush (about 5 minutes). Add butter and salt. Fold well beaten eggs slowly into mixture (whites and yolks may be beaten separately and folded into mixture if desired). Pour into a greased 1 1/2-quart baking dish. Bake at 400° for 45 minutes. Serve at once from pan in which it is baked with plenty of BUTTER. *NOTE: Add 1 1/2 cup sugar or honey to turn this into a wonderful, old-fashioned dessert. Serves 5 to 6.*

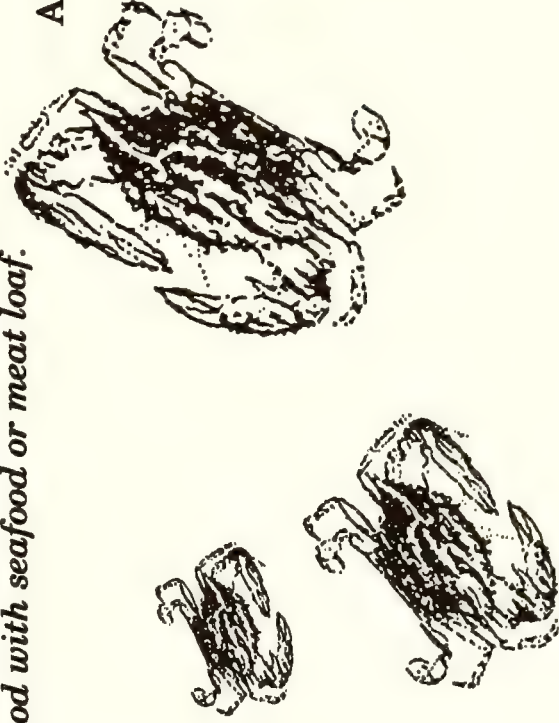
Jane Ledbetter

**GRANDMOTHER WINDLEY'S GRIT BREAD**

- 1 1/2 cups cold cooked grits**
- 1 cup milk**
- 1/2 cup cornmeal**
- 3 eggs, separated**
- 2 teaspoons baking powder**
- 2 tablespoons oil OR bacon grease**
- 2 teaspoons baking powder**
- Salt to taste**

To the cold grits, add milk, meal, egg yolks, baking powder, salt, and oil. Mix together. Beat egg whites, and fold into grits mixture. Pour into a greased 9-inch casserole. Bake at 500° for approximately 25 minutes, or until a toothpick inserted in the center comes out dry. *This is good with seafood or meat loaf.*

Alice Windley





**STARTER FOR SOUR DOUGH**

- 3 medium potatoes
- 4 cups boiling water
- 1 package yeast
- 1 cup lukewarm water
- 1 cup sifted all-purpose flour
- 1/3 cup sugar
- 1 1/2 tablespoons salt

***SOUR DOUGH FEEDER:***

- 3/4 cup sugar
- 3 tablespoons instant potato flakes
- 1 cup warm water

**SOUR DOUGH BREAD RECIPE**

- 1 cup starter
- 1/2 cup oil
- 1 tablespoon sugar (1/3 cup for sweet bread)
- 1 tablespoon salt
- 1 1/2 cups warm water
- 6 cups bread flour

Pare and dice potatoes; cook in boiling water until very tender. Drain, saving liquid. Mash potatoes thoroughly, and return to liquid. Cool to lukewarm. Soften yeast in 1 cup lukewarm water, and add to potatoes along with remaining ingredients. Beat well. Cover and let stand 24 hours at room temperature. Pour into sterilized jar, cover, and store in cool, dark place to ferment. **One (1) cup starter will replace 1 yeast cake OR package in a recipe. DO NOT MIX OR STORE IN METAL.**

The starter must be fed every 3 to 5 days. To do this, mix sugar, potato flakes, and water. Add this to 1 cup of the starter, and allow to stand at room temperature for one day. Remove 1 cup for bread, and return the rest to the refrigerator. If you do not wish to make bread every 3 to 5 days, feed the starter, and discard 1 cup starter before returning it to refrigerator.

Combine the ingredients in a large mixing bowl to make a stiff batter. Pour into a large greased bowl and turn oily side up. Cover tightly with foil and let stand overnight at room temperature. **DO NOT REFRIGERATE.** Next morning, punch down, knead a little, and divide into 3 parts. Knead each part 8 to 10 times on a floured board. Place in greased loaf pans, cover with wax paper, and let rise 4 to 5 hours. The dough will rise slowly. *Dough can rise for as much as ten hours. Each hour changes the consistency of the bread.* Bake at 350° for 30 minutes.

## **SOUR DOUGH PANCAKES**

- 1 1/2 cups flour**
- 1 1/4 cups milk**
- 2 tablespoons sour dough starter**
- 2 eggs**
- 1/4 cup sugar**
- 1/2 teaspoon baking soda**
- 1/2 teaspoon salt**
- 1/4 cup oil**

Mix the flour and milk; add starter and stir. Stir in the remaining ingredients, and mix thoroughly. Cook on a hot lightly greased griddle. *These pancakes are thin, but, Oh! so good!*

**Karen Riemer**

## **CORNBREAD STUFFING WITH OYSTERS**

- 4 cups boiling water**
- 4 cups broken corn bread**
- 1/2 cup BUTTER, melted**
- 1 onion, grated**
- 1 cup minced celery**
- 1 tablespoon chopped green pepper**
- 1 tablespoon chopped pimento**
- 1 pint chopped oysters**

Pour boiling water over corn bread; squeeze almost dry; set aside. Melt butter in pan; add all other ingredients to the pan and sauté. Mix the cornbread into the sautéed vegetables. Pour into a large greased pan, and bake 350° for 45 to 60 minutes. Makes 6 to 8 servings.

**Linda Garrett**

## **YORKSHIRE PUDDING**

- 1/4 cup oil**
- 2 eggs**
- 1 cup milk**
- 1 cup sifted all-purpose flour**
- 1/2 teaspoon salt**
- 1 tablespoon baking powder**

Pour oil into a 9-inch square pan. Heat 5 minutes in a 425° oven. Meanwhile, beat eggs until frothy. Add milk, flour, baking powder, and salt. Beat until smooth. Pour the batter into the hot pan, and bake at 425° for 35 to 40 minutes. The edges should be crusty by this time. Serve hot with roast beef. *If this dish is made correctly, as it cools, the pudding will fall in the middle!*

**Joyce Gibbs**

## **TURKEY DRESSING**

1 package Jiffy corn bread mix  
6 slices bread  
1 cup diced celery  
1 large onion, chopped  
1/2 stick margarine  
1 teaspoon poultry seasoning  
2 tablespoons sugar  
1 teaspoon parsley flakes  
1/2 teaspoon pepper  
Turkey broth to moisten

Prepare corn bread according to directions on box. Lightly toast bread slices; crumble both breads. In frying pan, simmer onion and celery in margarine until tender. In a large bowl, mix all ingredients with enough turkey broth to moisten. Turn into a greased 11x13-inch pan, and bake until firm and nicely browned. Serve with turkey and other trimmings. ENJOY!!

Ruby Dudley

## **CRISPY BATTER FOR SEAFOOD AND VEGETABLES**

1 cup all-purpose flour  
1 cup water  
1 teaspoon baking powder  
1 to 1 1/2 teaspoons salt  
1 tablespoon oil

Mix the ingredients together. *I use the 1 1/2 teaspoon salt if I am making the batter to fry seafood. Coat whatever you want to fry and have nice and crispy!!*

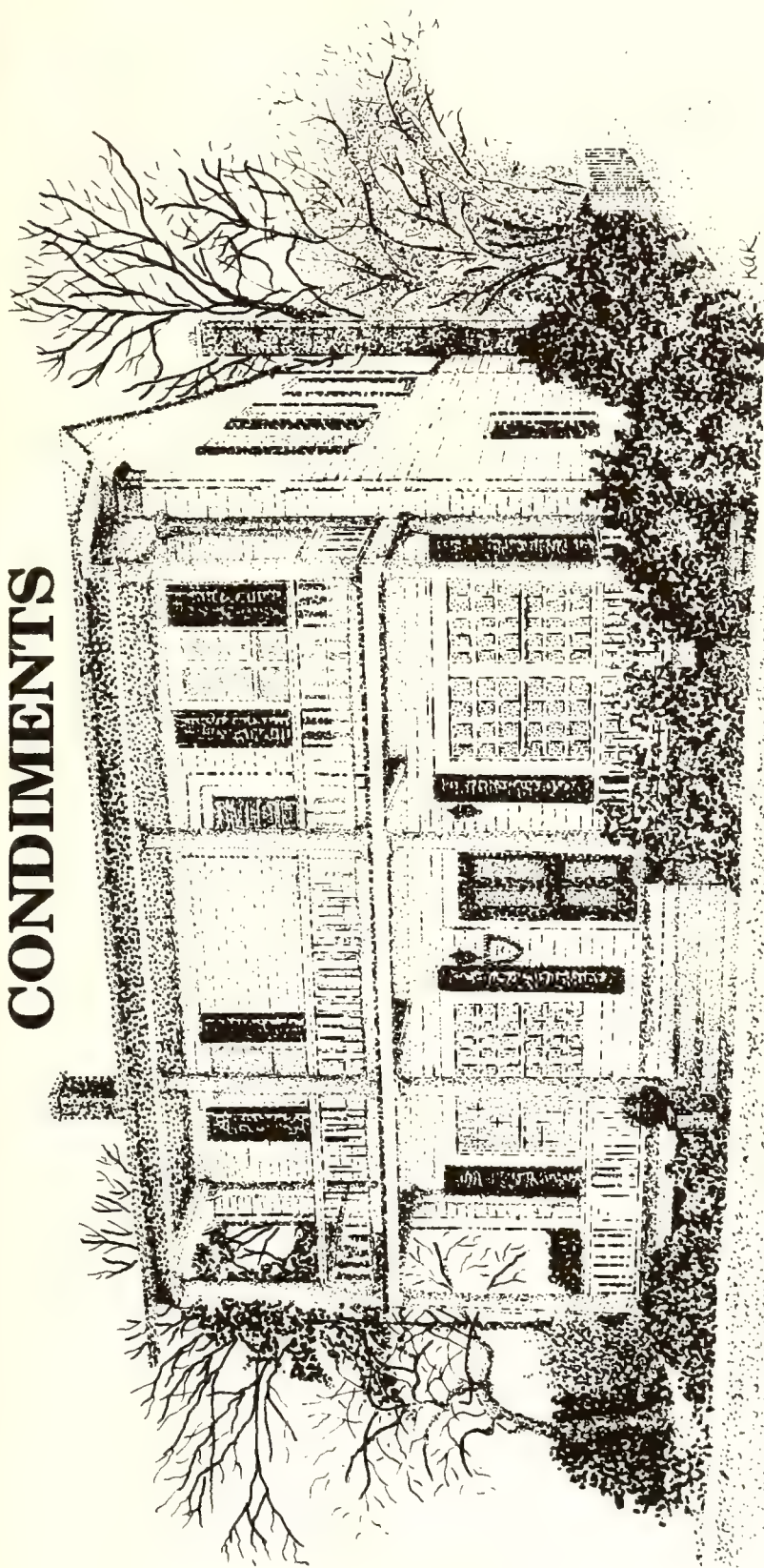
Anna Lou Haskins

## **ORIGIN OF THE HUSH PUPPY (or at least one legend!)**

Near the end of the Civil War, the people of the South were without many of the foods to sustain life. The tale goes that even animals had difficulty finding food and followed the marching troops, hoping for scraps. Dogs especially hounded (no pun intended) the troops. Their constant yapping did become nerve wracking. The soldiers, in order to get some much needed rest, began to take cornmeal cake batter and spoon a little of it into the hot grease, and they would pitch these small fried corn cakes to the dogs, telling them to "Hush Puppy!" After trying these fried cornmeal cakes, the soldiers knew why the dogs yapped...they wanted more and more "Hush Puppies," and so did the soldiers!!! You will want more and more too, once you've tried them.



# CONDIMENTS




Kitty Buckman House

## **BUCKMAN HOUSE, FIRST METHODIST PARSONAGE**

In 1856, "Miss Kitty" Buckman gave a lot for a parsonage. Materials were purchased, and the new house was ready for the preacher who came the following year. It was on Ann Street, 160 feet from Moore running westwardly with Ann, and was the place where "Miss Mary" Noe lived. Later, a five-foot strip was cut from her property and the parsonage property to make the northern end of the old lane that has since connected Ann and Front Streets. The new parsonage confirms the story of a growing church according to Dr. Paul Neff Garber who says that in 1858 the Methodist church in the United States was building an average of one parsonage for every two days of the year.

Present Owner, Zada Alligood Noe



## Preserving

The art of preserving and pickling fresh fruits and vegetables when they are in abundance is fast becoming a lost art. Some of these favorites are heirlooms, some are modern adaptations of old recipes, and all are well worth the time and effort.

Many local residents enjoy the fruits of their labor in the spring and summer months in Beaufort by making jams, jellies, preserves, or pickles. The county has local blueberry fields, strawberry patches, peach and apple trees...but in July and August it's time for figs. The trees bearing their heavy burdens were always a special treat for tourists at the old Inlet Inn on the corner of Pollock and Front Streets, and Mrs. Pierson always served her guests the very best fruit she could buy. Green figs or sugar figs were plentiful at our house and many trips were made to the Inn with boxes of the delicately ripened fruit. Figs can be canned, preserved, eaten raw or in salads...or you can use them in your favorite fig cake recipe.

### MICROWAVE PICKLES

4 cups cucumbers, sliced 1/4-inch thick

1 medium onion, sliced

1 cup sugar

1/2 cup white vinegar

1 teaspoon salt

1 tablespoon pickling spices

1/4 teaspoon turmeric

Place cucumbers and onions in microwave dish. Mix remaining ingredients, and pour over cucumbers and onions. Cover dish with wax paper, and microwave 4 minutes on high. Stir and cook 4 minutes more. Put in pint jars and seal. When cool, store in refrigerator.

Mary Fond Jones



- 3 cups figs
- 3 cups sugar
- 1 large (or 2 small) packages strawberry jello
- 2 teaspoons butter

Peel and mash the figs by hand. Combine with the sugar and jello. Bring to a boil, and boil 3 minutes. Add butter to decrease the scum that forms on top of jelly-jam. Pour into hot sterilized jars and seal. Makes 8 half-pints.

Gerry Beveridge

*Joyce Lillard sometimes uses raspberry or blackberry jello in place of the strawberry jello.*

## **BREAD AND BUTTER PICKLES**

- 4 pounds sliced cucumbers
- 2 pounds sliced onions
- 1/3 cup canning salt
- 3 cups vinegar
- 2 cups sugar
- 2 tablespoons mustard seeds
- 2 teaspoons turmeric
- 2 teaspoons celery seeds

Combine cucumbers and onions in a large bowl. Layer with salt, and cover with ice cubes. Let stand 1 1/2 hours; drain and rinse several times. Place remaining ingredients in a large saucepan, and bring to a boil. Add cucumbers, onions, sugar and spices; bring to a boil. Pack in hot sterile jars; cap; process in boiling water 7 minutes.

Ruby Dudley

*Karen Riemer uses cider vinegar and adds 3 more cups of sugar, 3 cloves of garlic, and 2 green peppers, chopped. She lets the vegetables stand 3 to 5 hours with the ice before proceeding, and only processes 5 minutes in the boiling water.*

## **PEPPER JELLY**

- 1 1/2 cups vinegar
- 6 1/2 cups sugar
- 4 medium-size bell peppers, chopped
- 1 package Certo
- 1 teaspoon hot sauce
- 1 teaspoon coloring

Combine the vinegar, sugar, and peppers. Bring to a boil, and boil for 3 minutes. Add the Certo, and boil an additional minute. Add the hot sauce and food coloring, and stir to mix well. Place the hot jelly into sterilized jars and seal. *Very good on crackers with cream cheese or Brie.*

Frances Baugh

## FIG CAKESETTLES

1 peck of ripe figs

Water

5 pounds sugar

Sliced lemons

Wash one peck of ripe figs, and drain well. Put in an enamel cook pot or a heavy pot. Cover with a lid, and simmer on very low heat until figs are tender. Drain off and discard liquid. Add 5 pounds sugar to 1 peck of figs, or 1 cup sugar to each pound of figs. Cook covered on medium heat until the sugar is dissolved, stirring often from the bottom up. Cook until they are as thick as you desire. Slices of lemon may be cooked with the figs OR you may add a slice to each jar. Pour into hot, sterile jars and seal.

Gerry Beveridge

*Some fig recipes suggest layering figs, sugar, and lemon in the pot, covering and allowing to sit overnight to make their own juice. Without adding water, proceed with the above directions, cooking until the lemon is transparent.*

## WATERMELON RIND PICKLES

1 medium watermelon rind, cubed  
(about 2 quarts)

1 1/2 tablespoons pickling spices

1 gallon water

1 vial Lilly lime (purchase from pharmacy)

SYRUP:

8 1/4 cups sugar

1 quart vinegar

1 tablespoon whole cloves

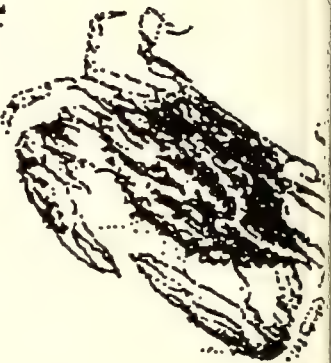
1 stick cinnamon

Select rind from a firm melon. Trim off skin and pink flesh, cut in 1-inch cubes, and measure. Soak overnight in gallon of water with lime added. Rinse well next morning. Boil in clear water for 5 minutes, and rinse well again. Combine remaining ingredients for syrup, and bring to a boil. Add rind, and boil in syrup until clear. Put in hot jars, and seal. Process for 10 minutes at simmering point (180°). Makes 5 to 6 pints.

Pat Humphrey

## **PEPPER RELISH**

- 12 red peppers
- 12 green peppers
- 12 onions
- 2 cups cider vinegar
- 1/2 cup sugar
- 2 cups Karo syrup
- 3 tablespoons salt
- 1 tablespoon celery salt



Wash peppers and onions. Cut peppers in half; remove stem ends, seeds, and white membranes. Peel onions. Chop peppers and onions medium fine. Cover with boiling water, let stand 5 minutes; drain well. Combine with other ingredients. Bring to a boil, stirring constantly. Continue cooking 10 minutes longer. Pour into hot sterilized jars, and seal. Makes 6 pints.

Blanche Merrill

## **PEACH MARMALADE**

- 7 cups peaches, peeled and sliced
- 1 large can crushed pineapple
- 5 cups sugar
- 3 tablespoons lemon juice
- 1 large package orange jello

Cook the peaches, pineapple, sugar, and lemon juice together for 20 minutes. Add the orange jello, and boil 10 minutes longer. Seal in sterile jars.

Carole Williford

## **PICKLED MUSHROOMS**

- 1/3 cup red wine vinegar
- 1/3 cup salad oil
- 1 small white onion, in rings
- 1 teaspoon salt
- 1 teaspoon prepared mustard
- 1 tablespoon brown sugar
- 2 teaspoons parsley flakes
- 12-ounce jar button mushrooms, drained

Combine in a saucepan and boil 5 to 6 minutes. Add mushrooms. Boil 5 minutes. Chill several hours.

Joyce Lillard



**20 to 24 medium cucumbers**  
**4 or 5 onions**  
**1 cup salt**  
**1/4 cup whole mustard seeds**  
**1 tablespoon celery seeds**  
**1 1/2 quarts vinegar**  
**6 cups sugar**

**FROZEN CUCUMBER SLICES**  
**2 quarts unpeeled sliced cucumbers**  
**1 medium onion, sliced**  
**2 teaspoons salt**  
**1 cup sugar**  
**1/2 cup white vinegar**

**PICKLED PEACHES**  
**2 large cans home-style peaches**  
**1/2 cup vinegar**  
**1 cup sugar**  
**1/2 teaspoon salt**  
**1/2 teaspoon cinnamon**  
**1/2 teaspoon cloves**

Slice cucumber and onions; mix with the salt in a large container. Pour ice cold water to the top of slices. Let stand 3 hours. Combine other ingredients, and bring to a boil. Pour over the drained cucumbers, and bring to a simmer. **DO NOT BOIL!** Pour into hot jars, and seal. *A very easy, good recipe.*

Harriette Kirk

Combine the cucumbers and onion slices in a bowl. Sprinkle with the salt; soak for 2 hours, mix, and set aside. Combine the sugar (either white or brown) and the vinegar. Pour over the cucumber mixture. Place in freezer bags or containers, and freeze. When using, take out of freezer and defrost at room temperature about 2 hours before serving. *NOTE: If a spicy flavor is desired, place the vinegar / sugar mix in a pot on the stove and add the desired spices in a cheesecloth bag; bring to a boil. Allow the mixture to cool, remove the bag of spices, and pour over the cucumbers. Freeze.*

Anne Brown

Pour juice off peaches, reserving the juice from one can. Place the reserved juice into a saucepan. Add the vinegar, salt, and sugar. Bring to a boil. Add spices and peaches. Let boil for 5 minutes. Allow the peaches to stand in the syrup overnight before serving. *NOTE: Pears can be done this way also. One-half teaspoon of curry powder can be added to this mixture if desired.*

Karen Riemer

- 15 large tomatoes
- 4 to 6 apples
- 2 cups chopped cucumber
- 1 1/2 cups chopped onions
- 1 1/2 cups chopped sweet peppers
- 1 cup seedless raisins
- 1 clove garlic, crushed
- 3 cups brown sugar
- 1 tablespoon ground ginger
- 1 teaspoon salt
- 3 cups vinegar
- 1 hot red pepper
- 1 teaspoon ground cinnamon

**ROBERT'S JAR OF POISON**

- 1 glass gallon jar
- 12 eggs
- 1 pint bottle of beets
- 1 quart vinegar
- 1 white onion
- 1 purple onion
- 1 yellow onion
- Mess of sweet banana peppers
- Mess of jalapeno peppers

Peel, core, and chop the ripe tomatoes and the apples. Combine all ingredients, and cook slowly until thick, 2 to 3 hours. Stir. Pour boiling hot mixture into sterile jars leaving 1/8-inch head room. Adjust caps and process in a boiling water bath for 10 minutes.

Karen Riemer

Hard-cook the eggs; peel, and place in the jar. Add the drained beets and vinegar. Dice the onions, and add to the jar. Slice about 1/2 of the peppers, and add them along with the whole peppers. Place the top on the jar, and allow to age in the refrigerator for 2 weeks before serving cold with your favorite crackers. *This concoction is certainly not for the young! However, the pickling effect of the vinegar takes away a great deal of the hot spices. Try it if you dare!!*

Robert Williams

## **FIG CONSERVE**

**3 pounds peeled figs**

**3 pounds sugar**

**1 orange**

**1 lemon**

**1 cup walnuts, chopped**

Reserve nuts. Slice the orange and lemon, and cut into very small pieces, even the peel. In a large pot, combine all the ingredients, and boil gently until mixture thickens as any jam. Cook on medium heat, not too fast, and stir occasionally. Add nuts, and simmer about 20 minutes. *This is very nice used as cake filling.*

Kathy Krauthaim

## **Sauces and Salad Dressings**

Sauces are the beginning for a great number of dishes, and thus are an important part of the successful cook's repertoire.

Many salads depend on their dressing for unusual and exciting flavor. Whether tangy or tart, sweet or spicy, creamy or oil based, the success of the salad often is determined by the dressing.

Sample the variety of those offered here. Be daring and innovative with our versions, and make them your very own favorites.

### **CHUCK'S BARBECUE SAUCE**

**1/2 pound butter**

**1 teaspoon salt**

**1 clove garlic, minced**

**1/2 cup catsup**

**1 small onion, chopped**

**1 tablespoon sugar**

**1 1/2 tablespoons lemon juice**

**1/2 teaspoon Tabasco sauce**

**1 tablespoon Worcestershire sauce**

**Pepper to taste**

Mix well; simmer, covered, for 5 minutes. *This is very good served with wild game.*

Claudia Lewis



## JACK'S BARBECUE SAUCE

1/4 cup Worcestershire sauce  
1 cup chili sauce  
1 stick butter  
1 1/2 cups catsup  
1/4 teaspoon Tabasco sauce  
1/4 teaspoon Texas Pete  
1/2 cup hot pepper vinegar

## PEANUT BUTTER SAUCE

2/3 cup chicken broth  
2 tablespoons chunky peanut butter  
2 teaspoons fresh lemon juice  
1/2 teaspoon curry powder

## FLANK STEAK MARINADE

1 teaspoon parsley (dried or fresh)  
3/4 cup olive oil  
1/4 cup wine vinegar  
1/4 cup lemon juice  
1/2 cup soy sauce  
1 teaspoon black pepper  
1 teaspoon dry mustard

Mix well, and heat combined ingredients in a double boiler. *Other possibilities to add may include: sugar; black pepper; horseradish (especially for seafood)...or whatever you may feel like adding.*

Pat Humphrey

In a 1-quart saucepan, combine the ingredients, and whisk constantly while the sauce comes to a boil over medium heat. This makes about 1 cup of sauce, just right to serve two people. *Use this sauce over grilled marinated chicken on a bed of rice to give an Indian flavor to your meal.*

Put all ingredients in pint jar; shake. Marinate meat overnight. *This makes 1 3/4 cups marinade and will keep 2 weeks.*

Anna Lou Haskins



*A quick sauce for pound cakes and fruit desserts is to add more milk to your favorite instant pudding mix until it's the consistency you like.*

2 pounds ground beef  
2 tablespoons chopped parsley  
4 medium onions, chopped  
4 cloves garlic  
1/4 cup olive oil  
16 ounces tomato puree  
12 ounces tomato paste  
2 teaspoons Worcestershire sauce  
1 to 2 teaspoons sugar, optional

### **MICROWAVE SWEET AND SOUR SAUCE**

1/2 cup pineapple juice  
5 tablespoons catsup  
2 teaspoons vinegar  
1/2 cup water  
1 teaspoon instant minced onions

### **BASIC CHICKEN GRAVY**

2 tablespoons flour  
1/4 cup skim milk  
1 cup clear chicken broth  
Salt and pepper to taste

Brown the meat in a skillet. In another pan, cook parsley, onions, and garlic in hot olive oil until soft; add the tomato puree, paste, and Worcestershire sauce. Add the browned meat. Cook slowly for 3 hours. Freezes well. *NOTE: If the acid in spaghetti sauce bothers your digestive system, add 1 to 2 teaspoons sugar to counteract the acidity. Hey, it works for me!* Makes 10 generous servings.

Macon Snowden

Combine all ingredients in 2 cup measure. Microwave on high 3 to 6 minutes, or until sauce is bubbly and onion is tender. Serve with beef, pork, chicken, or vegetables. *NOTE: Add 8 to 10 drops of liquid hickory smoke flavoring for a nice barbecue sauce.* Serves 11.

Virginia Moore

Combine flour and skim milk, beating until smooth, or shake the mixture in a tightly capped jar; gradually add to the chicken broth in a saucepan. Cook over medium heat, stirring constantly until thick. Add seasonings, reduce heat, and continue to cook, stirring, 5 minutes longer. Makes 1 1/2 cups.

Joyce Lillard

## MEAT GRAVY

3 tablespoons drippings (meat,  
chicken, bacon)  
2 tablespoons cornstarch  
1 1/2 cups water  
3/4 teaspoon salt  
1/8 teaspoon pepper

## MUSHROOM SAUCE

8 ounces fresh mushrooms  
1/4 teaspoon pepper  
2 medium green onions, chopped  
1 teaspoon beef bouillon granules  
2 teaspoons cornstarch  
1 1/4 cups water

## JEFFY HOLLANDAISE

1/4 cup sour cream  
1/4 cup mayonnaise  
1/2 teaspoon prepared mustard  
1 teaspoon lemon juice

Brown cornstarch in the drippings over low heat until dark brown. Be sure to stir constantly. Gradually add water while stirring. Heat to boiling, and boil gently for 2 minutes, stirring. Taste and adjust seasoning, if necessary. 1 1/2 cups. *NOTE: For a good cream gravy, substitute milk or cream in place of water.*

Cookbook Committee

Clean and slice the mushrooms and onions. In a 1 1/2-quart casserole, combine all ingredients except water and cornstarch. In a small bowl, blend cornstarch into water. Add to vegetable mixture. Stir and cover. Microwave on high 3 to 6 minutes, or until the mushrooms are tender and sauce is transparent, stirring once or twice. *Serve with meat or fish. This can also be made on top of the stove. Be sure to cook until the mushrooms are tender and the sauce is transparent.* Serves 5.

Virginia Moore

Combine the above ingredients; cook, stirring over low heat until warm. *A fast and easy sauce for eggs benedict or broccoli, cauliflower and asparagus!*

Phyllis O'Keef

*Cornstarch has twice the thickening power of flour and gives a smoother texture and more translucent color to your sauces, puddings, and pie fillings.*



### **BASIC MAYONNAISE**

- 1 egg yolk
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/2 teaspoon dry mustard
- Dash cayenne pepper
- 2 tablespoons fresh lemon juice
- OR vinegar
- 1 cup salad oil, divided

### ***Variation:***

### **GREEN GODDESS DRESSING**

- 2 tablespoons minced parsley
- 1/2 clove garlic, pressed
- 1 tablespoon tarragon vinegar
- 2 tablespoons chives
- 1 tablespoon lemon juice
- 2 tablespoons anchovies
- 1 1/4 cup basic mayonnaise

Chiyo Rice

Mix all ingredients. Makes about 2 cups.

### **TARTAR SAUCE**

- 1 tablespoon minced parsley
- 1 cup mayonnaise
- 1 tablespoon minced sweet pickle
- 1 tablespoon minced onion
- 1 tablespoon minced capers (optional)

Combine all ingredients; mix well; refrigerate. Serve with seafood.  
Joyce Lillard

## WHITE OR CREAM SAUCE

*THIN:*

3 tablespoons butter  
2 tablespoons flour

*MEDIUM:*

4 tablespoons butter  
4 tablespoons flour

*THICK:*

6 tablespoons butter  
8 tablespoons flour  
2 cups milk\*\*  
1 teaspoon salt\*\*  
1/4 teaspoon pepper\*\*

## ORANGE-PINEAPPLE SAUCE

8 ounces crushed pineapple, with juice  
1/2 teaspoon parsley  
1/4 cup orange marmalade, regular  
or low-calorie

## LEMON SAUCE

1 cup sugar  
1 tablespoon butter, softened  
1 tablespoon cornstarch  
1/2 cup water  
Grated rind and juice of one (1) lemon

**\*\*The amount of milk, salt, and pepper remains the same for each of these sauces. What thickens the sauce is the amount of fat and flour used.**

Melt butter over low heat; add flour, salt, and pepper; stir until well blended. Remove from heat. Gradually stir in milk, and return to heat. Cook, stirring constantly, until thick and smooth. Makes 2 cups.

Cookbook Committee



Combine all ingredients in a 2 cup measure, and microwave on high 1 1/2 to 3 minutes, or until marmalade melts. *Serve over pork or chicken.* The ingredients can be placed in a small sauce pan and gently heated over a low heat until the marmalade is melted. 9 servings.

Virginia Moore

Mix together the sugar and softened butter in a small heavy saucepan. Add remaining ingredients. Cook, stirring constantly, over moderate heat until sauce thickens. *Serve warm or cool over desserts such as rice pudding, ginger bread, blueberry cake, carrot cake.* Makes 1 1/2 cups.

Joyce Lillard

Combine all ingredients; mix thoroughly. *This is great on vegetable or chef salads.* Makes 1 1/2 cups.

Pat Humphrey

- 8 ounces cream cheese, softened
- 3 ounces blue cheese
- 1/4 cup mayonnaise
- 1/4 cup milk
- 1 tablespoon chopped chives
- 2 tablespoons lemon juice

### **CREAMY ITALIAN DRESSING WITH SPICES**

Whisk the ingredients together; chill. Calories may be saved by using reduced caloric or fat free products. You can substitute yogurt for the sour cream, too! 1 cup.

- 1/2 cup mayonnaise
- 1/2 cup plain sour cream
- 1/2 cup milk
- 1 teaspoon Italian seasoning spices
- 1/2 teaspoon garlic powder

### **FRENCH DRESSING**



- 1/4 cup oil
- 1/2 cup vinegar
- 1/2 cup sugar
- 1/2 cup catsup
- 1 teaspoon paprika
- 2 teaspoons crushed garlic
- Dash of Worcestershire sauce

Combine; mix well. Let stand in refrigerator for 24 hours before using.

Sue Yearsley

*Fresh fruit juices and honey dramatically change salad dressings or perk up salads.*



**INDIAN CURRY SALAD DRESSING**

1/4 cup wine vinegar  
 1/2 cup oil  
 2 tablespoons chutney  
 2 teaspoons sugar  
 1/2 teaspoon salt  
 1/2 teaspoon curry powder  
 1 teaspoon dry mustard

**JUST PLAIN HONEY MUSTARD**

1/2 cup Dijon mustard  
 1/4 cup honey

Mix the ingredients well, and add to the salad just prior to serving. This is especially good over a spinach salad with apples, raisins, and salted peanuts added for garnish!

Combine thoroughly, and chill several hours to blend flavors. This thick dressing goes well on sandwiches and salads. Makes 3/4 cup of dressing. *NOTE: Add 1 teaspoon ground ginger for a little different honey mustard dressing!*

**MUSTARD VINAIGRETTE**

2 1/2 teaspoons balsamic OR red  
     wine vinegar  
 1/2 clove garlic  
 1/2 cup olive oil  
 1/4 teaspoon Dijon mustard  
 Pepper to taste

Mix all ingredients, except the oil, in a small bowl. While whisking, slowly add oil until well blended. Approximately enough for 2 servings.

*For instant white sauce, blend together 1 cup soft butter and 1 cup flour. Spread in an ice cube tray, and chill well. Cut into 16 blocks, and freeze in a plastic storage bag. Add 1 block to 1 cup milk, and heat slowly, stirring as it thickens, for 1 cup of medium white sauce. Salt and pepper to taste.*

## **ROQUEFORT DRESSING**

12 ounces sour cream  
1/2 teaspoon paprika  
1/2 cup mayonnaise  
1/2 teaspoon celery salt  
1 teaspoon garlic salt  
2 teaspoons lemon juice  
1/2 teaspoon black pepper  
1 wedge Roquefort cheese  
1 block blue cheese

Mix all ingredients together except the cheeses. Crumble the cheeses, and fold in. Store in a quart jar in the refrigerator. *YUM!*  
*Never let the jar get empty!* Stir before each use.

Pat Humphrey

## **THOUSAND ISLAND DRESSING**

2 1/2 cups mayonnaise  
3 tablespoons catsup  
3 tablespoons chili sauce  
1 tablespoon onion, grated  
1 tablespoon Worcestershire sauce  
1 to 3 tablespoons chopped green pepper  
1 to 3 tablespoons chopped pimento  
3 tablespoons sweet pickle relish  
1 clove minced garlic  
Salt and paprika to taste  
1 hard-cooked egg, chopped (optional)

Mix well, and refrigerate.

Rose Tankard

## **TOMATO SALSA**

**2 tomatoes**  
**1 small onion**  
**Black pepper, freshly ground**  
**1 tablespoon sweet chili pepper sauce**

**SEE SALADS FOR MORE DRESSINGS**

Dice tomatoes and onion very finely. Mix all the ingredients together. *Add more pepper sauce if you prefer it hotter.* Serving suggestions: with crackers, on cold meat; on steaks or chops; on baked potatoes; as a dip with vegetable sticks, corn chips, or in tacos, or on nachos. Makes approximately 1 1/2 cups.



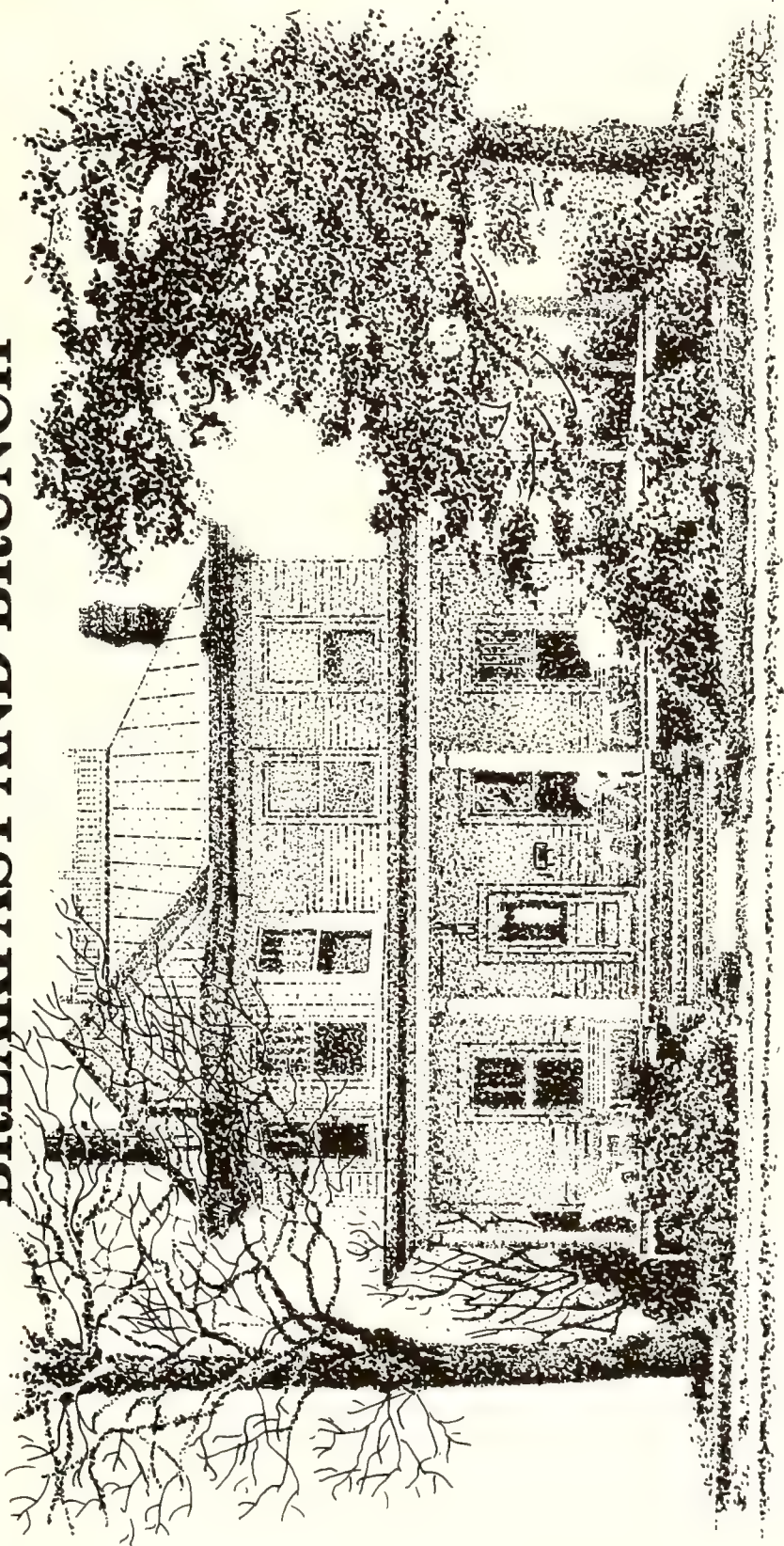
## **LET ME GIVE**

I do not know how long I'll live  
But while I live, Lord, let me give  
Some comforts to someone in need  
By smile or nod-kind word or deed  
And let me do what e'er I can  
To ease things for my fellow man.  
I want naught but to do my part  
To "lift" a tired or weary heart,  
To change folks' frowns to smiles again-  
Then I will not have lived in vain  
And I'll not care how long I'll live  
If I can give - and give - and give.

Author Unknown



# BREAKFAST AND BRUNCH



## Captains Quarters

## CAPTAINS QUARTERS

The Captains Quarters of Beaufort, Inc., on 315 Ann Street, is a late Victorian, two-story, white frame house with a wrap-around front porch.

In 1908, Winfield Scott Chadwick made a final bid of \$1510 for lot 73, Old Town Beaufort, while standing on the Court House steps. The lot on the corner of Ann and Turner Streets had been vacated by a fire which destroyed the previous dwelling and was close to his own fine home and readily available at public auction.

The house Mr. Chadwick built was for his daughter, Corrine, and reflects his maritime heritage by the addition of a "Widows Walk" commanding a view of the waters his ancestors sailed.

Like many sturdily built, balloon frame, heart pine homes constructed at the turn of the century, Captains Quarters has survived to provide an interesting legacy of multiple uses spanning nearly 80 years.

In November, 1985, veteran airline pilot Captain Dick Collins purchased the residence and began the careful renovation of what is now Captains Quarters Bed and Biscuit. With the help of his wife, Ruby, and daughter, Polly, the Captains Quarters has become a valued contribution to Beaufort's Old Town restoration efforts.

Present Owners, Captain and Mrs. Richard Collins



Breakfast used to be one of the most important meals of the day, and breakfast in Beaufort was no exception....hot cereal and ovaltine or hot cocoa in the winter, bacon, sausage or ham and eggs with grits, and toast or hot biscuits with homemade jelly. Some families enjoyed fresh milk from their own cow, wild game or fowl, boiled salted fish, or roe. Nowadays we have different, exciting new Beaufort breakfast recipes to enjoy. So start your family in the morning with Apple-Sausage Ring, Beaufort Casserole, Garlic Grits, Never Fail Egg and Cheese Souffle, or Orange Breakfast Ring, just to mention a few. Above all, be sure the coffee is good!

## **APPLE-SAUSAGE RING**

**2 pounds bulk pork sausage**

**2 eggs, beaten**

**1 1/2 cups herb stuffing mix**

**1/2 cup milk**

**1 cup apple, pared and chopped**

**1/4 cup minced onion**

Combine all ingredients. Mix thoroughly, and press lightly into a greased bundt pan or ring mold. Bake for 1 hour. Drain. *This can be made a day ahead and partially baked for 30 minutes.* Bake at 350°. Makes 12 servings.

Jean Chappell

## **BEAUFORT CASSEROLE**

**1 pound bacon OR sausage**

**1 bag hash brown potatoes**

**1 onion, chopped**

**1 dozen eggs**

**Grated cheese to taste**

Brown bacon; set aside. Drain all but 1 tablespoon bacon drippings, and brown the potatoes and onions. Beat the eggs until frothy, and pour into the potatoes and onion. Scramble until the eggs are set to your preference. Blend in the bacon and cheese. Stir to melt the cheese. 6 servings.

Frances Baugh



### BREAKFAST CASSEROLE

2 to 3 slices bread, crumbled  
1 pound sausage meat  
2 cups milk  
6 eggs  
8 ounces Cheddar cheese, grated  
1/2 teaspoon pepper  
1/2 teaspoon salt  
1/4 teaspoon dry mustard

### BREAKFAST CASSEROLE II

1/3 cup softened margarine  
1 1/2 cups milk  
1/4 teaspoon salt, pepper to taste  
3 eggs, beaten  
1/2 cup biscuit baking mix  
1 cup grated sharp cheese  
3/4 cup ham, thinly cubed  
4 ounces mushrooms, drained (optional)

### BREAKFAST PIZZA

1 package of crescent rolls  
6 eggs  
1/4 cup milk  
1 teaspoon oregano  
1/2 pound sausage meat  
1 cup Cheddar cheese

Fry sausage; drain. Place bread in bottom of 9x13-inch pan. Sprinkle sausage evenly over bread. Mix all other ingredients and pour over sausage and bread. Bake at 350° for 45 minutes. *Can be assembled ahead of time, and baked just before using.* Makes 6 to 8 servings.

Mary Ruth Potter  
Jean Chappell  
Rose Tankard  
Laura Piver

Mix margarine, milk, spices, eggs, and biscuit mix in a blender. Pour into a pie pan, sprinkle with cheese, ham, and mushrooms (in that order). Press down into mixture already in the pan. Bake at 350° for 45 minutes. Let stand at least 10 to 15 minutes before serving. *This recipe can be doubled for a 9x13-inch pan. Sausage, shrimp, or ground beef may be substituted for the ham.*

Kerry Smith

Use a large pizza pan. Spread the dough evenly in the pan, being sure to have it go up the edges of the pan. Beat the eggs; add milk, and fold in the sausage (I sometimes pre-cook and drain the sausage to remove some of the grease). Pour onto the crust, and bake at 400° for 20 to 25 minutes. This can be done in a 9x13-inch pan...it just won't look like a pizza! Makes 4 to 5 servings. *For a heartier dish, add 1 cup hash brown potatoes with the milk.*



**4 ounces sliced mushrooms**  
**1 teaspoon butter OR margarine**  
**1 medium zucchini, shredded**  
**1 medium tomato, chopped**  
**6 eggs, beaten**  
**2 teaspoons Dijon mustard**  
**1/4 cup milk**  
**1/2 teaspoon seasoned salt**  
**1/2 teaspoon seasoned pepper**  
**8 ounces grated Swiss cheese**  
**Fresh fruit, if desired**

### **HOLIDAY BRUNCH QUICHE**

**1 deep dish pie crust**  
**1 can deviled ham**  
**2 hard-cooked eggs, chopped**  
**1 cup shredded Swiss cheese**  
**1 cup shredded Cheddar cheese**  
**3 eggs, beaten**  
**1 cup light cream**  
**1/8 teaspoon pepper**  
**1 tablespoon chopped green peppers**  
**1 tablespoon chopped red peppers**

Drain the mushrooms; set aside. In a large, ovenproof skillet, melt the butter, and saute zucchini, tomato, and mushrooms for 1 minute. In a large bowl, combine remaining ingredients; blend well. Pour egg mixture into skillet; cook 10 minutes over low heat. To brown the top, place the skillet under the broiler for 2 to 3 minutes. Serve immediately with additional Swiss cheese and fresh fruit. Makes 4 servings.

**Becky Brown**

Prebake unpricked pie crust on preheated cookie sheet in 450° oven for 6 minutes. Remove pie crust from oven. Reduce oven temperature to 350°. Combine ham, cheeses, beaten eggs, cream, and pepper. Pour into pie crust. Sprinkle chopped peppers over top. Bake on preheated cookie sheet in 350° oven for 35 to 40 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before serving. Makes 6 servings.

**Chiyo Rice**

## NEVER FAIL EGG AND CHEESE SOUFFLE

7 to 8 slices bread, trimmed, buttered  
and cubed  
1/2 pound sharp cheese, grated  
2 cups milk  
1/2 teaspoon dry mustard  
3 eggs, beaten  
1 teaspoon Worcestershire sauce  
1/2 teaspoon salt  
Pepper to taste

## UNNAMED SCRAMBLED EGG DISH

2 cups mushrooms, lightly salted  
1/2 teaspoon salad oil  
2 sticks melted butter, divided  
8 tablespoons all-purpose flour  
12 eggs  
3 cups milk  
1 cup heavy cream  
Salt and pepper to taste  
1 cup Parmesan cheese  
1/2 teaspoon lemon juice

Place bread and cheese in two layers in a greased 8-inch square dish. Mix other ingredients, and pour over bread and cheese. Refrigerate for at least 24 hours. Bake at 350° for 45 to 50 minutes. Serve immediately. Makes 4 servings. *Recipe can be doubled; place in a 3-quart casserole. This can be a main dish for a luncheon or family.*

Jean Chappell

Saute mushrooms in 2 tablespoons butter and 1/2 teaspoon oil for 5 minutes; set aside. Melt 6 tablespoons butter over low heat. Stir in all the flour; add milk, and mix until smooth and beginning to thicken. Add cream, salt, and pepper. Stir to blend, and set the sauce aside. Butter a 9x13-inch baking dish. Beat eggs with salt and pepper; scramble in 3 tablespoons melted butter over low heat. In the buttered baking dish, layer the ingredients as follows: 1/2 the cream sauce, 1/2 cup Parmesan cheese, the scrambled eggs, all mushrooms, remaining cream sauce, remaining Parmesan cheese; dot liberally with butter. After assembling, broil 4 to 5 minutes. *This casserole will keep in a warm oven for up to 2 hours. Makes 6 to 8 servings.*

Karen Riemer



### **ZIPPY CHEESE OMELET**

1/2 cup Picante sauce  
4 ounces shredded Monterey Jack cheese  
6 eggs  
8 ounces sour cream  
Tomato wedges and parsley, garnish

Pour 1/2 the picante sauce into a lightly greased 9-inch quiche pan, or a pie plate. Sprinkle cheese over sauce. Beat eggs until blended; add sour cream, and blend well. Pour mixture over cheese. Bake, uncovered, at 350° for about 30 minutes or until set. Serve with remaining sauce, and garnish with tomato wedges and fresh parsley. 6 to 8 servings.

Minnie McIntyre

### **BREAKFAST BARS**

1 1/2 cups light brown sugar  
1/2 cup margarine  
2 eggs  
1 teaspoon vanilla  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
1 1/2 cups all-purpose flour  
1/2 teaspoon salt  
1/2 cup raisins, chopped  
1 1/2 cups carrots, finely grated  
1/2 cup nuts

Preheat oven to 350°. Grease a 9x13-inch baking pan. Mix the sugar and margarine. Add the eggs and vanilla; beat. Stir in dry ingredients. Add raisins and carrots; stir. Spread into pan, and sprinkle with nuts. Bake about 40 minutes or until toothpick inserted in the middle comes out clean. Cool; cut into squares. 24 servings.

Phyllis O'Keef

### **CLARK'S FAVORITE HOLIDAY BREAKFAST!**

Make your favorite recipe for pancakes, waffles, or French toast. Substitute eggnog for milk in the recipe. Add a dash of nutmeg to batter. Cook as usual and serve with hot maple syrup.

Karen Riemer

## HAM AND CHEESE MUFFINS

1/2 cup milk  
3 tablespoons oil  
1 egg  
1 1/2 cups biscuit mix  
3/4 cup shredded Cheddar cheese  
1/2 cup chopped peppers  
1/2 cup chopped, cooked smoked ham  
1/3 cup chopped onion

Grease and flour 12 medium muffin cups. Beat milk, oil, and egg in a large bowl; stir in remaining ingredients with a fork until moistened. Divide batter evenly among cups. Bake at 400° until golden brown, about 15 to 20 minutes. 12 servings.

Chiyo Rice

## PEANUT ORANGE BREAKFAST PUFFS

2 cups sifted all-purpose flour  
1 tablespoon baking powder  
1 teaspoon salt  
1/4 cup sugar  
1 egg, beaten  
1 cup milk  
1/4 cup peanut oil  
1/2 cup chopped salted peanuts  
1/4 cup sugar  
1 teaspoon grated orange peel  
1/4 cup melted butter OR margarine



In a large bowl, sift together flour, baking powder, salt, and 1/4 cup sugar. In a small bowl, combine egg, milk, and oil. Add the liquid all at once to the flour mixture, stirring only until moistened. Fold in the peanuts. Fill greased 2 1/2-inch muffin cups 2/3 full, and bake in a preheated 425° oven for 15 to 20 minutes or until tops are lightly browned. While the muffins are baking, combine 1/4 cup sugar and orange peel until crumbly. Immediately remove the muffins from the pan when they finish cooking, and dip the tops in melted butter and then in the orange-sugar mixture. Serve warm. Makes 12 muffins.

Fran Krauthelm

## EASY EGGS BENEDICT FOR ONE...OR MORE

1 English muffin, split  
1 thin slice Canadian bacon OR  
boiled ham  
1 egg, poached  
Hollandaise sauce

For each serving, split and lightly toast an English muffin. Top with a thin slice of Canadian bacon or ham. Place a poached egg on top of the ham. Top with Hollandaise sauce (see index for an easy sauce) and serve immediately.

Phyllis O'Keef

### **COTTAGE CHEESE/YOGURT BLINTZES**

**3/4 cup low fat cottage cheese**

**3/4 cup vanilla yogurt**

**1 to 2 tablespoons oil**

**1/2 cup all-purpose flour**

**4 eggs**

Blend all ingredients until smooth. Pour approximately 1/3 cup batter onto a lightly greased, hot skillet. As the pancake begins to dull, flip! *These are great with preserves.*

Sandy Lockwood

### **DANISH CHEESE**

**2 (8 count each) packages crescent rolls**

**16 ounces cream cheese**

**1 egg, separated**

**3/4 cup sugar**

Spread 1 package of rolls over bottom of 9x13-inch baking dish. Cream together cheese, sugar, and egg yolk. Spread on top of rolls. Cover with the remaining package of rolls, pinching seams. Whip 1/4 teaspoon water with egg white; brush on top of rolls. Bake at 350° for 25 to 30 minutes. *For a slightly different flavor, add 1 teaspoon almond extract to the cheese.*

Neva Barnhardt

Elizabeth Ray

### **JACK-O-LANTERN PANCAKES**

**1 cup mashed pumpkin**

**1 teaspoon cinnamon**

**1/4 teaspoon allspice**

**1/4 teaspoon cloves**

**Sprinkle of ginger**

**3 tablespoons brown sugar**

**Favorite pancake batter**

Mix the pumpkin, spices, and sugar in the blender. Make your favorite pancake batter, but reduce the milk by 1/3 cup. Add pumpkin mixture to pancake batter, and cook as usual. Serve with hot maple syrup.

Karen Riemer



## GERMAN PANCAKE

2 eggs, slightly beaten  
1/2 cup all-purpose flour  
1/2 cup milk  
1/8 teaspoon nutmeg  
4 tablespoons butter  
2 tablespoons powdered sugar  
Juice of 1/2 lemon

## GOOD-FOR-YOU FRENCH TOAST

2 cartons egg substitute  
1/4 teaspoon salt  
1 tablespoon sugar  
1/2 teaspoon cinnamon  
1/2 cup skim milk  
2 tablespoons margarine  
6 slices day-old bread  
Syrup, powdered sugar, optional

Preheat oven to 425°. In a mixing bowl, combine the eggs; lightly beat; add flour, milk, and nutmeg, and beat again. The batter will be lumpy. Heat the butter in a 12-inch cast iron (best) skillet. When the pan is very hot, pour the batter into the butter, and place the pan in the oven for 15 to 20 minutes or until puffed and golden brown. Remove from oven and sprinkle sugar over pancake. Return to the oven for a short time to caramelize the sugar. Remove and sprinkle lemon juice on top. *NOTE: You can reserve the sugar and lemon juice; mix with sliced or chopped fresh fruit and serve on the pancake. Marmalade or other pure fruit spreads go well, too. Makes 2 servings.*

Becky Brown

Blend egg substitute, salt, sugar, cinnamon, and milk in a shallow dish. Heat margarine in skillet until bubbly but not browned. Dip bread in egg mixture, coating both sides thoroughly. Fry until golden brown on both sides, turning once. Serve hot with syrup and a sprinkle of powdered sugar.

Virginia Moore

### ORANGE BREAKFAST RING

3 tablespoons grated orange rind  
1 cup sugar  
2 12-ounce cans refrigerated buttermilk biscuits  
1/3 cup butter OR margarine, melted  
1 small package cream cheese  
1/2 cup powdered sugar  
2 tablespoons orange juice

Combine sugar and orange rind. Separate biscuits; dip in melted butter, and coat with sugar mixture. Stand biscuits on sides, overlapping edges, in a 9-inch tube pan. Bake at 350° for 30 minutes or until brown. Remove ring from pan, and invert on serving platter. Combine cream cheese and powdered sugar; mix until smooth. Add orange juice, stirring well. Spoon mixture over top of ring while hot. Serve warm.

Anna Lou Haskins

### CURRIED FRUIT

1 can peach halves  
1 can apricot halves  
1 can pears  
1 can plums  
1 can Bing cherries  
1 can pineapple chunks  
1/3 cup melted butter  
3/4 cup brown sugar  
4 teaspoons curry powder

Drain the fruits. Mix together the butter, sugar, and curry powder. Place the fruits in a 9x13-inch pan, and pour the butter mixture over the fruits. Bake at 350° for 1 hour. *This is wonderful served warm with "breakfast" type casseroles, grits, and ham as well as main dishes. This is also good served cold with pork or beef. Stores well in the refrigerator for a week.* 8 to 10 servings.

Kathy Yelton

### CRANBERRY/ORANGE BUTTER

1 cup BUTTER  
1/2 cup whole berry cranberry sauce  
2 tablespoons sweet orange marmalade

Beat butter until fluffy. Beat in cranberry sauce and marmalade. Can be kept covered in refrigerator up to 3 weeks. Use on toast, muffins, bagels, etc.

Virginia Moore

## HERBED CREAM CHEESE BREAKFAST TOMATOES

8 ounces cream cheese, softened  
Fresh cracked pepper  
2 tablespoons parsley  
1 tablespoon tarragon  
3 to 4 tomatoes  
1 cup grated Cheddar cheese  
Bread crumbs to sprinkle

Mix together cream cheese, pepper, parsley, and tarragon. Cut tomatoes into 1/2-inch slices. Top each slice with 1 to 2 tablespoons cream cheese mixture. Sprinkle each slice with bread crumbs and grated cheese. Bake at 350° for 15 to 20 minutes.

Karen Riemer

## OVEN-BAKED BACON

Bacon slices



Preheat oven to 475°. Lay however many slices of bacon needed on a baking pan, and place in oven for 8 minutes for thin sliced or regular bacon. If the bacon is thick sliced, bake 10 minutes. Drain on paper towels and serve hot. DO NOT OPEN OVEN DOOR UNTIL END OF COOKING TIME!

Gerry Beveridge

## GARLIC GRITS

1 cup raw grits  
4 cups boiling water  
1 teaspoon salt  
1/2 pound grated cheese  
1/2 teaspoon garlic powder  
1 to 2 sticks margarine  
2 to 3 eggs, beaten well  
1/2 cup milk

Add grits and salt to boiling water, and cook 20 to 25 minutes. Add margarine, cheese (*more cheese is better!*), garlic powder, eggs, and milk. Pour into a greased casserole, and bake at 350° for 45 minutes. Makes 6 to 8 servings.

Jean Chappell



**6 cups raw regular oatmeal (uncooked)**

- # Jane Hassler

Layer 1/2 the banana slices in a 1 quart bowl. Lightly spread 1/4 cup of yogurt on top. Sprinkle with 1/4 cup granola, and arrange 1/2 the grapes over the granola. Spread another 1/4 cup of yogurt on the grapes, and add another 1/4 cup granola. Layer the other remaining ingredients in the same order. Cover and chill up to 3 hours. *This is great for breakfast, a light lunch, dessert, or a snack!*

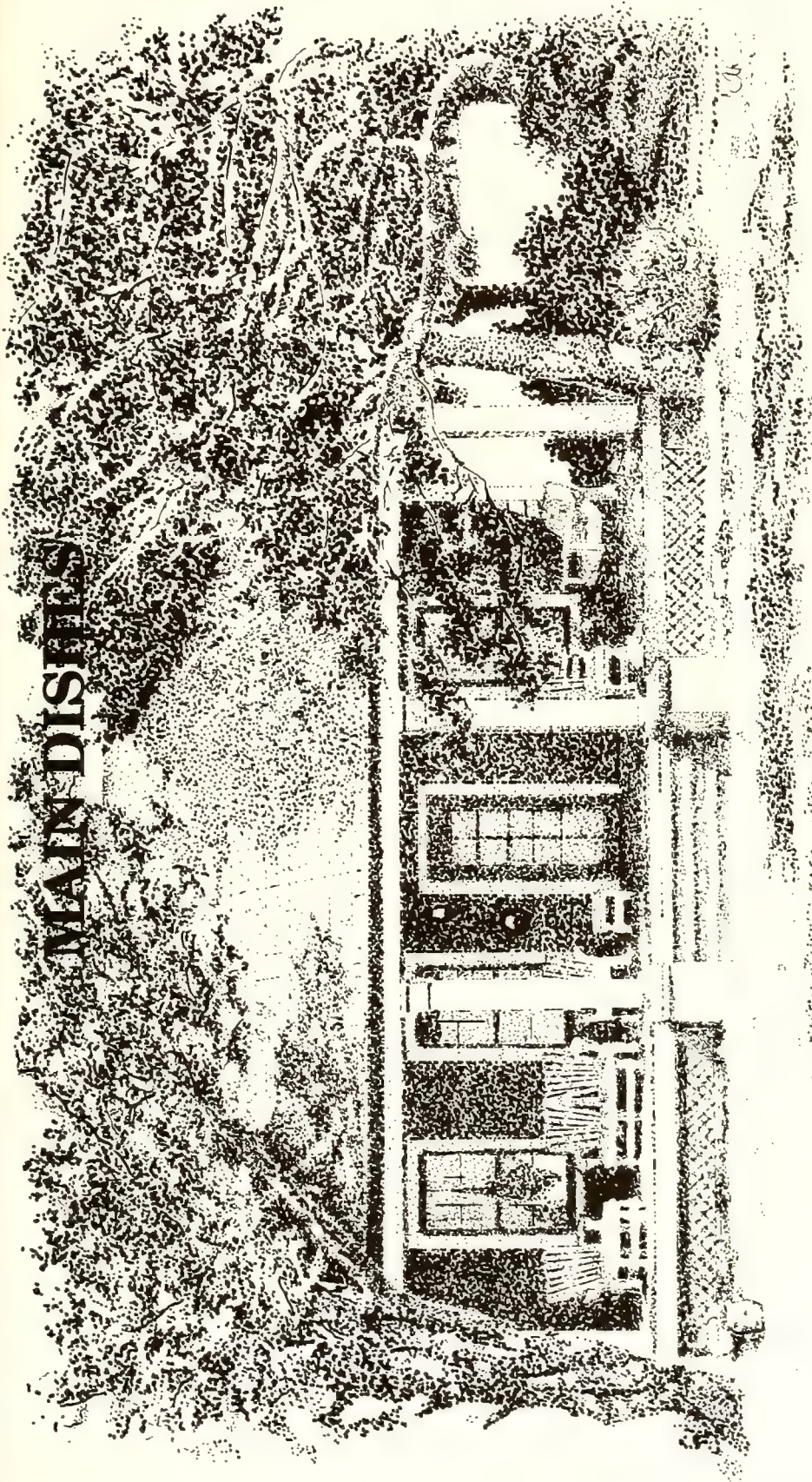
Barbara Paerl

**FOR MORE BREADS FOR BREAKFAST, SEE THE BREAD SECTION.**





# MAIN DISTRICT



**Caleb Bell House**



## CALEB BELL HOUSE

No clear date can be found as to when the house at 817 Front Street was built. We can only surmise that the house could not have been built any earlier than 1777, and since it passed to a Mr. Biddle in 1789, it had to have been built during that period of time. The building techniques used have been verified by the Historical Archives from Washington, D.C.

Caleb Bell, son of Joseph Bell, is credited with building this house. In his will he left to his son, William, "A house of which he already has possession and my Blacksmith Tools." Some of the original hinges and pintles of the house have been forged from carriage leaf springs...perhaps using Caleb's own blacksmith tools. Caleb and Suzannah Coale Bell had several children. In Amy Muse's book, The History of the Methodist in Port of Beaufort, we read that Caleb Bell, his wife Suzannah, and one of their daughters were the first persons to join the Methodist Society in Carteret County. Caleb and Suzannah's sons, Caleb Norris Bell and his brother Jacob, were the first persons from this area to join the Conference as Circuit Riders. Caleb N. Bell served as minister to Ann Street Methodist Church in 1811.

Lot 11, New Town, Beaufort, North Carolina, has remained within and been occupied by the Bell Family or relatives from the time Caleb built the house until now. This house is presently owned by Dr. and Mrs. Daniel Krauthheim whose children, Kryn and Kathryn, are the great, great, great, great grandchildren of Caleb Bell and the seventh generation of his descendants to live there.

## Main Dish Casseroles and Quiches

Casseroles are everybody's "best friend," from the working girl, super mom, bachelor chef, and single parent to the busy hostess.

They offer a relaxed and casual manner of entertaining so popular today with taste-tempting dishes that can be served without a flurry of last minute preparation.

Casseroles can, and should, be served right in their cooking containers, adding interest to the meal with their unusual shapes, varying sizes, and gay colors.

A few tips on using casseroles:

- \*Select the proper size dish to cook it in. Avoid messy spills by using the size container called for in the recipes.

- \*Warm the casserole to room temperature before putting it in the oven. Remember it takes 15 to 30 minutes longer to cook if it has been refrigerated.

- \*A covered casserole keeps the moisture in during cooking.

We have selected some of our favorite recipes for your pleasure and convenience, but you can use a dash of imagination and make these casserole and quiches your very own specialty.

### **EASY GROUND BEEF CASSEROLE**

**1 to 1 1/2 pounds lean ground beef**

**1 cup uncooked rice**

**1 package dry onion soup mix**

**1 can cream of mushroom soup**

**1 cup water**

**1 cup sliced green onions and tops**

Crumble beef in buttered 1 1/2-quart casserole. Sprinkle with rice and dry soup mix. Blend canned soup and water; pour over rice.

Spread onion and tops over mixture. Cover; bake 350° for 1 hour.

Makes 4 to 6 servings.

Jane Ledbetter

## **BEEF NACHO CASSEROLE**

1 pound ground beef  
12 ounces chunky salsa  
1 cup canned corn  
3/4 cup mayonnaise/salad dressing  
1/2 teaspoon chili powder  
2 cups crushed tortilla chips  
2 cups shredded Colby OR Monterey  
Jack cheese  
Shredded lettuce, chopped tomato garnish

Heat oven to 350°. Brown beef; drain. Stir in salsa, corn, mayonnaise, and chili powder. Layer 1/2 each of the meat mixture, chips, and cheese in 2-quart casserole. Repeat layers. Bake 20 minutes or until thoroughly heated. Top with shredded lettuce and chopped tomato, if desired. Makes 6 servings.

Jan Blackwell

## **7 LAYER CASSEROLE**

1 cup raw rice  
16 ounces whole kernel corn  
1 medium onion, chopped  
Salt and pepper to taste  
2 small cans tomato sauce  
1 pound lean ground meat  
1/2 cup water  
4 strips bacon

In a 2-quart greased casserole dish, place the rice. Add the corn on top of the rice. (If using canned corn, drain before adding). Layer onion on top of the corn, and season with the salt and pepper. Cover with one can of the tomato sauce. Sprinkle the uncooked meat on top of the sauce, and add the remaining can of sauce. Add 1/2 cup water. Place the bacon strips on top, and bake at 350° for 1 hour and until the bacon is cooked and crisp.

Ann Lewis Russell

*Next time, substitute chili sauce for catsup in your meat loaf recipe!*



- 1 cup diced onion
- 1 cup diced celery
- 6 ounces mushrooms
- 3 tablespoons oil
- 1 cup raw OR roasted cut cashews
- 1 can Chinese noodles
- 1 can mushroom soup
- 1 tablespoon soy sauce

Sauté onion, celery, and mushrooms in oil until golden. Add remaining ingredients. Place mixture in a two quart greased casserole, and bake at 350° for 45 minutes. 4 to 6 servings.

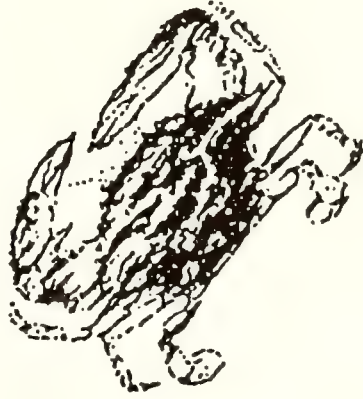
Margie Linnemeier

**CHICKEN CASSEROLE**

- 1 cup diced celery
- 2 tablespoons diced onion
- 1 tablespoon margarine
- 2 cups diced, cooked chicken
- 1 can water chestnuts, chopped
- 1 cup sour cream
- 1 can mushroom OR chicken soup
- Salt and pepper to taste
- 1 cup cooked rice
- 1 cup slivered almonds
- 1 cup crushed corn flakes
- 1/4 cup melted margarine

Sauté celery and onion in margarine until clear. Mix everything, except the almonds, corn flakes, and melted margarine; spoon into a greased 2 1/2-quart casserole. Mix the remaining ingredients, and sprinkle on top. Bake at 350° for 45 minutes. *NOTE: Turkey or ham can be substituted for the chicken.*

Louise Hunter



1 medium chicken **OR** 4 large breasts  
 1/2 stick margarine  
 1 cup chopped celery  
 1/2 cup chopped onion  
 1/4 cup all-purpose flour  
 2 cups chicken broth  
 1 teaspoon soy sauce  
 1 teaspoon salt  
 Dash of garlic  
 1/2 cup Cheddar cheese  
 1 can water chestnuts  
 1 can chow mein noodles

### CHICKEN CASSEROLE III

3 whole chicken breasts  
 2 cups of cooked rice  
 1 can mushroom **OR** chicken soup  
 3 teaspoons lemon juice  
 2 tablespoons minced onion  
 3/4 cup mayonnaise  
 1/2 cup bread crumbs  
 1/2 cup slivered almonds

Cook, debone, and dice chicken; set aside. Melt margarine in sauce pan; add celery and onion. Blend in flour. Add remaining ingredients except cheese, chestnuts and noodles. Simmer on low until smooth (about 10 minutes). Place diced chicken evenly in a large baking dish. Spread liquid mixture over chicken. Add cheese and diced water chestnuts. Bake for 25 minutes at 350°; spread noodles on top, and continue cooking another 10 minutes. *This freezes well.*  
 Makes 8 to 10 servings.

Mary Ruth Potter

Boil the chicken, and cut up the meat. Combine all the ingredients except the bread crumbs and almonds in a 2 1/2-quart casserole. At this point, the casserole may be covered and refrigerated overnight. When ready to cook, pour on 1/2 cup melted butter (optional--or reduce the amount to 1/4 cup), sprinkle with 1/2 cup bread crumbs and 1/2 cup slivered almonds. Bake 1 hour at 300°. Serves 8.

Patty Springle

*In some dishes, pork will have a pink color even when well-done...use a meat thermometer!*

## **HOT CHICKEN SALAD CASSEROLE**

4 cups cooked chicken, cut-up  
2 tablespoons lemon juice  
3/4 cup mayonnaise  
2 hard-cooked eggs, sliced  
2 cups diced celery  
1 can cream of chicken soup  
2 pimentos, diced  
1 tablespoon minced onion  
4-ounce can chopped mushrooms

### ***TOPPING:***

1 cup grated Cheddar cheese  
1 1/2 cups crushed potato chips  
2/3 cup toasted almonds (optional)

## **TURKEY/CHICKEN CASSEROLE**

1 1/2 cups crushed crackers, Ritz or Club  
1/2 cup grated Cheddar cheese  
2 tablespoons lemon juice  
1 tablespoon grated onion  
3/4 teaspoon salt  
1/8 teaspoon black pepper  
1/3 cup mayonnaise  
1 can cream of chicken soup  
3 cups cooked turkey OR chicken  
1 3/4 cup diced celery  
3/4 cup sliced almonds  
1/4 teaspoon paprika

Combine topping ingredients, and set aside. Combine the remaining ingredients, and place in a large rectangular baking dish; top with cheese, chips, and almonds. Refrigerate overnight. Bake 35 to 40 minutes at 400° until bubbly hot. Makes 8 servings.

Thelma Ward

Mix together the cracker crumbs and cheese; set aside for topping. Mix lemon juice, onion, salt, pepper, mayonnaise, and soup together. Stir in other ingredients. Turn into buttered, 6-cup, shallow casserole dish. Add reserved topping, and sprinkle with paprika. Bake at 375° for 25 minutes or until lightly browned on top. Makes 8 servings.

Dorothy Johnson



## CHICKEN AND WILD RICE CASSEROLE

2 packages wild rice  
1 chicken, boiled and deboned  
3 cups broth from boiled chicken  
1/3 cup diced onion  
1 can water chestnuts, sliced  
1 tablespoon Worcestershire sauce  
1 jar pimento  
2 cans cream of mushroom OR  
chicken soup  
12 ounces Cheddar cheese, grated



Cook rice as directed on package; combine rice, broth, onions, Worcestershire sauce, soup, pimento, and diced chicken. Pour into greased 9x13-inch baking dish. Spread cheese on top. Cook 30 or 35 minutes at 350°.

Margaret Taylor

## SWISS 'N CHICKEN CASSEROLE

4 cups chopped, cooked chicken  
2 cups sliced celery  
2 cups croutons  
1 cup shredded Swiss cheese  
1 cup mayonnaise OR salad dressing  
1/2 cup milk  
1/4 cup chopped onion  
1 teaspoon salt  
1/8 teaspoon black pepper  
1/4 cup chopped walnuts

Heat oven to 350°. Mix all ingredients except walnuts. Spoon into 2-quart casserole. Sprinkle with walnuts. Bake 40 minutes or until thoroughly heated. (Can be microwaved). Makes 6 servings.

Jan Blackwell

*The higher the grade of meat, the higher the fat content!*

**1 chicken, cooked and boned, save broth**  
**1 winter squash, chopped**  
**1 cup celery, chopped**  
**1 1/2 cup onion, chopped**  
**1 can cream of chicken soup**  
**3 cups cornbread stuffing mix**  
**2 tablespoons margarine**

In 2 cups of strained chicken broth, cook squash, celery, and onion for 10 minutes; add chicken soup. In a buttered 2 quart casserole, add squash mixture, 2 cups stuffing, and chicken, tossing lightly. Top with 1 cup stuffing crumbs, and dot with margarine (butter if you desire). Bake at 350° for 35 minutes or until bubbly and light brown on top. Serves 6.

Sandy Lockwood

### **CHICKEN AND SHRIMP FLORENTINE CASSEROLE**

**1 pound raw shrimp, peeled and deveined**  
**4 chicken breast halves, skinned and boned**  
**1/4 teaspoon pepper**  
**1/4 teaspoon garlic powder**  
**2 tablespoons butter OR margarine**  
**1/2 cup dry white wine**  
**10 ounces frozen chopped spinach**  
**8 ounces cream cheese, cubed**  
**2 tablespoons butter**  
**2 tablespoons Parmesan cheese**  
**1 can cream of mushroom soup**  
**1 can cream of celery soup**  
**2 tablespoons fine dry bread crumbs**

Sprinkle chicken with pepper and garlic powder, and place in a lightly greased 13x9-inch baking pan. Dot with 2 tablespoons butter, and pour wine over top. Broil 7 inches from heat, 8 to 10 minutes or until lightly browned, turning once. Add shrimp; broil 5 to 8 minutes or until shrimp turn pink, stirring once. Remove from oven; cool slightly. Drain drippings from the pan, and reserve. Cut chicken into bite-size pieces; set chicken and shrimp aside. Cook spinach according to package directions, omitting salt; drain well between layers of paper towels. Combine cream cheese and 2 tablespoons butter in a heavy saucepan, cook over medium heat; stir in Parmesan cheese and spinach. Combine reserved drippings and soups; stir well. Gently stir soup into spinach mixture along with chicken and shrimp. Spoon into a lightly greased 12x8-inch baking dish; sprinkle bread crumbs on top. Bake at 350° for 35 to 40 minutes or until heated. If desired, garnish with lemon slices, cooked shrimp, and parsley. Makes 8 servings.

Joyce Gibbs

## CHRISTINE'S CHICKEN CASSEROLE

2 cups cooked, deboned chicken  
1 stick butter  
2 cups chicken broth, divided  
8 ounces herb seasoning stuffing mix  
2 cans cream of mushroom soup

Boil chicken 30 to 40 minutes or until done. Remove from water, and debone, reserving liquid. Melt butter, and mix with one cup chicken broth and stuffing mix. (Save a handful of the crumbs to sprinkle on top.) Spread in a casserole dish to form a crust, and lay the chicken on it. Mix together 2 cans of soup and the remaining broth to pour over the top of the chicken. Sprinkle the reserved stuffing crumbs on top and bake in 350° oven 45 minutes to 1 hour. *You may substitute 1 can of cream of chicken for 1 of the cans of mushroom soup, if desired.* Makes 6 servings.

Christine Cessna

## DOVE AND ARTICHOKE HEARTS CASSEROLE

20-ounce can artichoke hearts  
10 to 12 doves  
4 tablespoons butter  
1/2 pound fresh mushrooms  
1 tablespoon Worcestershire sauce  
1 to 2 drops hot sauce  
1/4 cup dry sherry  
Salt and pepper  
3 to 4 cups cream sauce (see index)  
1/2 cup Parmesan cheese  
Paprika

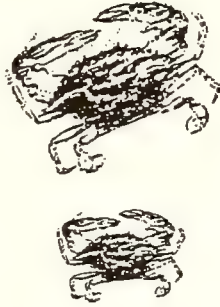
Drain the artichoke hearts, and arrange in a lightly greased, deep baking dish in a single layer. Dust the doves with flour and sauté in melted butter until brown. Remove from pan; add mushrooms; sauté. Place the doves on top of the artichoke hearts; top with mushrooms. Mix the Worcestershire sauce, hot sauce, sherry, salt, and pepper with the cream sauce. Pour into the baking dish, being sure the doves are covered with the sauce. Sprinkle the top with Parmesan cheese and paprika. Bake 45 minutes to 1 hour at 350°. *Wild rice is an excellent choice to serve with this dish.*

Karen Riemer



## EULALIE POTTER'S SAUSAGE-RICE CASSEROLE

- 1 1/2 pound bulk sausage (hot or mild)
- 1 large onion, chopped
- 1 large green pepper, chopped
- 1 cup diced celery
- 4 1/2 cups boiling water
- 1/2 cup raw rice
- 2 envelopes chicken noodle soup mix
- Paprika
- Chopped parsley
- 1 small bag slivered almonds



Verta Willis

Brown sausage; toss; drain. Sauté pepper, onion, and celery. Boil water, and add rice and soup mix. Cook 7 minutes; add sausage and vegetables. Mix well. Spoon into a 9x13-inch greased casserole. Sprinkle paprika, parsley, and almonds on top. Bake at 350° for 30 minutes or until heated through.

## HAWAIIAN CORNED BEEF

- 12-ounce can corned beef
- 1/2 cup packed brown sugar
- 1/4 cup biscuit baking mix
- 2 tablespoons soy sauce
- 15 ounces pineapple chunks, reserve juice
- 8 green onions, chopped OR
- 1/2 cup chopped onion
- 1/2 green pepper, chopped
- 1 clove garlic, crushed

Slice the canned beef into 6 pieces. (*This is easier to do if the meat has been refrigerated for 1 hour before slicing.*) Place slices in an ungreased baking dish. Mix brown sugar, baking mix, and soy sauce in a 2-quart saucepan until smooth. Gradually stir in pineapple juice, onions, green pepper, and garlic. Heat to boiling over medium heat, stirring constantly; boil and stir 1 minute. Stir in pineapple. Spoon over and around meat slices. Cover; bake at 375° for 25 to 30 minutes. Serve over hot rice.

Anne Hawkins

*Don't want all that bread to hide your hamburger?  
The one-ounce Pita breads are perfect!*

### **REUBEN CASSEROLE**

1 large onion, chopped  
1 cup sour cream  
1 large can sauerkraut, drained  
1 can corned beef  
12 to 16 ounces grated Swiss cheese  
8 slices "Beefsteak" rye bread, crumbled  
1 cup melted margarine

Patty Springle

Mix onion and sour cream; spread over bottom of 9x13-inch pan. Arrange drained sauerkraut over sour cream. Crumble corned beef over sauerkraut, then grated cheese over the meat. Top with bread crumbs. Drizzle melted margarine over all. Bake 45 minutes at 350°.

### **HOMINY CASSEROLE**

3 cans (15 ounces each) golden hominy  
1 medium onion, chopped  
1 clove garlic, minced  
1 tablespoon cooking oil  
1 cup sour cream  
1 cup shredded Cheddar cheese, divided  
1/4 cup milk  
4 ounces chopped green chilies  
1/4 teaspoon cumin

Drain hominy. In a small skillet, cook onion and garlic in oil until tender. Remove from heat. In a bowl, combine onion mixture, sour cream, half the cheese, the milk, chilies, and cumin. Add hominy; mix well. Pour into a greased 2-quart baking dish. Bake, uncovered, at 350° for 30 minutes or until heated through. Sprinkle with remaining cheese and serve immediately. *This is also good warmed over.* Makes 8 to 10 servings.

Jane Ledbetter

### **GRITS CASSEROLE**

1 cup raw grits  
2 eggs  
1 stick butter  
1 1/2 cups grated Cheddar cheese  
1 tablespoon Parmesan cheese (optional)  
1/4 cup sour cream  
Salt and pepper to taste

Cook grits according to directions on box. Add remaining ingredients; stir well. Pour into greased 1 1/2-quart casserole. Sprinkle Parmesan cheese on top. Bake about 50 minutes at 350°.

Chiyo Rice

**2 large onions chopped**  
**1 large green pepper, chopped**  
**2 to 3 cloves garlic, minced**  
**3 tablespoons oil**  
**1 cup rice**  
**2 cups cooked and cubed ham**  
**1/2 teaspoon salt**  
**Hot pepper to taste**  
**1/2 teaspoon thyme**  
**16 ounces chopped tomatoes OR**  
**8 ounces tomato sauce**  
**3/4 cup chicken broth**

### **PORK CHOP AND BEAN CASSEROLE**

**1 pound can pork and beans**  
**1 teaspoon prepared mustard**  
**1 tablespoon molasses**  
**4 tablespoons chopped onion**  
**4 pork chops**  
**Salt and pepper to taste**

In a 12-inch skillet, cook the onion, garlic, and peppers in hot oil for 5 minutes. Add the rice and ham; stir about 1 minute until the rice is well coated with oil. Add the spices, tomatoes, and broth. Cover and simmer for 20 to 25 minutes, or until the rice is done. *You can substitute shrimp, chicken, or turkey for the ham and have a different meal.*

**Fran Krauthelm**

Mix together the pork and beans, mustard, molasses, and onion. Pour into a greased casserole dish; top with pork chops; bake, uncovered, in a preheated 350° oven until the chops are golden brown. **DO NOT TURN THE PORK CHOPS OVER.** Makes 4 servings.

**Gerry Beveridge**

*Lightly flouring meatballs before frying them  
 will keep them juicier and cut down on spatters.*



**6** pork chops, trimmed and browned  
**2** tablespoons catsup  
**1** tablespoon Worcestershire sauce  
**1** medium onion, chopped  
**1** can cream of mushroom OR chicken soup

### **ROLLED HAM 'N POTATO CASSEROLE**

**1/2** cup chopped onion  
**1** tablespoon butter  
**3** cups mashed potatoes  
**2**-ounce jar diced pimentos  
**1/4** teaspoon pepper  
**10** ounces asparagus OR broccoli spears  
**8** slices boiled ham  
**6** ounces sharp Cheddar cheese, divided

### **SAUSAGE-SAUERKRAUT CASSEROLE**

**1** pound mild Italian sausage links,  
 cut into 1-inch pieces  
**1** large onion, chopped  
**2** peeled, quartered apples  
**1** 27-ounce can sauerkraut  
**1** cup water  
**1/2** cup packed brown sugar  
**2** teaspoons caraway seeds  
 Snipped parsley, optional

Drain the grease from the browned chops, and place them in a single layer in a casserole dish. Mix together the remaining ingredients, and pour over the chops. Bake at 350° for 1 hour.

Mary Murphy

Sauté onion in butter until tender. Mix with the mashed potatoes, pimento, and pepper. Layer 1/2 the potato mixture in a greased baking dish, 3/4 of the cheese, then the rest of the potatoes. Roll 2 or 3 spears of pre-cooked asparagus or broccoli in a slice of ham, and place on top of the potato mixture. Sprinkle with remaining cheese; bake in 350° oven for 20 minutes. Makes 4 to 6 servings.

Faye Perritt

In a skillet, cook sausage and onion until sausage is brown and onion is tender; drain. Stir in apples, sauerkraut, water, brown sugar, and caraway seeds. Transfer to a 2 1/2-quart baking dish. Cover; bake at 350° for 1 hour. Garnish with parsley if desired. Makes 6 to 8 servings.

Harriette Kirk

## **SAUSAGE-SUCCOTASH CREOLE**

1 pound mild sausage  
1 chopped onion  
1/2 green pepper, chopped  
1 tablespoon all-purpose flour  
2 cups canned tomatoes  
2 cups canned corn  
2 cups canned lima beans  
1 bay leaf  
1/2 teaspoon thyme  
1/2 teaspoon salt  
1/8 teaspoon pepper

Cook the sausage (either link or bulk) slowly; pour off most of the grease. Add the onion and green pepper; continue to cook slowly until sausage is well done. Stir in the flour. Add the vegetables and cook 2 minutes longer. Add the spices, and simmer an additional 15 minutes or longer. *This is very good served with baked corn bread.* (See index.)

Frances Jeffreys

## **SOUTH OF THE BORDER CASSEROLE**

### **SAUCE:**

1 can mushroom soup  
1 medium onion, chopped  
1 cup salsa  
3 tablespoons milk

### **CASSEROLE INGREDIENTS:**

8 to 10 corn tortillas in bite-size bits  
4 chicken breast pieces, cooked and  
diced in small pieces  
1/2 cup Monterey Jack OR Cheddar cheese



Make a sauce by mixing together the soup, onion, salsa and milk. Heat until the soup is no longer lumpy and everything is well blended. Grease a 2-quart casserole baking dish, and spread a thin layer of the tortilla chips. Cover with a layer of chicken. Add 1/3 the sauce over the chicken. There are enough ingredients for 3 layers. Be sure to end the layering with the sauce. Sprinkle cheese on top of the casserole; bake at 350° for 30 to 45 minutes.

Joyce Gibbs

### VENISON BURGER CASSEROLE

1 pound ground venison  
3 cups cooked rice  
1 can mushroom soup  
1 envelope onion soup mix

### WINE AND BEEF CASSEROLE

2 pounds round OR Swiss steak  
Salt and pepper  
All-purpose flour  
1 cup hot water  
1 package onion soup mix  
3-ounce can mushrooms  
1 cup dry red table wine

### SEAFOOD CASSEROLE

4 cups shrimp, peeled and deveined  
1 1/2 cups crabmeat OR scallops  
3/4 cup onion, minced  
2 cups celery, thinly sliced  
1 cup mayonnaise  
2 teaspoons Worcestershire sauce  
1 teaspoon salt  
1/2 teaspoon pepper  
1 1/2 cups bread crumbs  
4 tablespoons butter  
1 lemon, sliced  
Parsley

Lightly brown the venison; mix with the remaining ingredients. Pour into a lightly greased 2 1/2-quart casserole dish, and bake at 350° for 1 1/2 hour. Makes 4 to 6 servings.

Barbara Willis

Grease frying pan with steak fat. Salt, pepper, and flour meat; brown slowly on both sides in the hot fat. Cut into serving portions. Transfer to casserole. Mix remaining ingredients in frying pan, and pour sauce over steak; cover and bake 1 hour at 350°. Remove cover, and bake an additional 15 minutes. 6 to 8 servings.

Margie Linnemeier

Cut shrimp in half lengthwise, flake crabmeat (halve scallops if large); mix together. Add onions, celery, mayonnaise, Worcestershire, salt, and pepper. Mix bread crumbs with melted butter. Sprinkle over casserole. Bake 30 minutes at 350° or until brown. Serve garnished with parsley and sliced lemon. Makes 6 to 8 servings.

Dolena Bell



- 1 pound sauteed shrimp
- 1/2 cup green pepper, chopped
- 1/4 cup chopped onion
- 1/2 cup celery, chopped
- 1 pound crabmeat
- 1 pound scallops (optional)
- 1 small can mushrooms **OR**
- 1 can water chestnuts
- 1/2 can pimento
- 1 cup mayonnaise
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup milk
- 1 tablespoon Worcestershire sauce
- 1/2 to 1 cup cooked rice
- Bread crumbs

### **SHRIMP AND CRABMEAT CASSEROLE**

- 1 cup soft bread crumbs
- 1 tablespoon butter
- 1 cup crabmeat
- 1 cup cooked shrimp (cut lengthwise)
- 1 cup diced celery
- 2 tablespoons chopped onion
- 1/2 teaspoon salt
- Dash pepper
- 1 teaspoon Worcestershire Sauce
- 3/4 cup mayonnaise

Sauté shrimp, peppers, onions, and celery. Mix with all other ingredients; place in a 9x13-inch casserole or pyrex dish. Put bread crumbs on top, and dot with margarine. Bake for 30 minutes at 375°.

Anna Lou Haskins

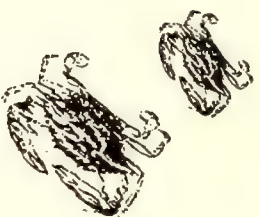
Mix bread crumbs and butter. Combine all other ingredients. Sprinkle with crumb/butter mix. Bake for 30 to 35 minutes at 350°.

Susan Yearsley

*Edna Bjerke uses 1 pound of crab and 1 1/2 pounds of shrimp to the basic recipe. She sprinkles paprika on top before baking.*

## MRS. CULLEPPER'S CRAB CASSEROLE

8 slices white bread, diced  
1 pound white crabmeat  
1/2 cup mayonnaise  
1 cup chopped celery  
1 cup green pepper, chopped  
1/2 cup onion, chopped  
1/2 teaspoon salt  
4 eggs, slightly beaten  
3 cups milk  
1 can mushroom soup  
1/2 cup slivered almonds OR  
1 can water chestnuts, drained  
1/2 cup shredded Cheddar cheese (optional)



Place 1/2 the diced bread into a 9x13-inch buttered baking dish. Combine crabmeat, mayonnaise, celery, pepper, onion, and salt. Spread over the bread. Place the remaining bread over the crab mixture. Mix the eggs and milk; pour over all. Bake at 325° for 15 minutes. Remove from oven, and spoon undiluted mushroom soup mixed with the almonds or water chestnuts (chopped) over the top. Bake 1 hour. *This is ELEGANT!* If the shredded cheese is used, add the last 10 minutes of baking.

Alice Windley

## IMPOSSIBLE QUICHE

12 slices bacon  
4 ounces shredded Swiss cheese  
1/3 cup chopped onion  
2 cups milk  
1/2 cup biscuit mix  
4 eggs  
1/4 teaspoon salt  
1/8 teaspoon pepper

Heat the oven to 350°. Crisply fry and crumble the bacon; set aside. Lightly grease a 9-inch pie plate. Sprinkle bacon, cheese, and onion evenly over the bottom of the plate. Place remaining ingredients in blender container. Cover and blend on high speed 1 minute. Pour into pie plate. Bake 50 to 60 minutes, until golden brown and knife inserted in center comes out clean. Let stand 5 minutes before cutting. Refrigerate leftovers.

Dottie Lynch

*Never leave raw or cooked meat at room temperature more than two hours.*

## **QUICHE LORRAINE**

**1 frozen pie shell**  
**1 tablespoon butter**  
**2 small onions, finely chopped**  
**1 cup cooked ham, finely chopped**  
**1 cup Gruyère cheese**  
**4 eggs**  
**2 cups heavy cream**  
**1/2 teaspoon cayenne pepper**  
**1/2 teaspoon white pepper**  
**1/2 teaspoon salt**

Melt butter and saute onions until transparent. Place ham in frozen pie shell. Sprinkle cheese and onion on top of ham. Beat eggs, cream, and seasonings; pour over onion-cheese mixture. Bake on LOWER shelf of a 450° oven for 15 minutes. Reduce heat to 350°, and bake for 50 minutes on UPPER shelf of oven.

Dottie Lynch

## **CRAB QUICHE**

**Pastry for 9-inch quiche**  
**1/2 cup mayonnaise**  
**2 tablespoons all-purpose flour**  
**2 eggs, beaten**  
**1/2 cups milk**  
**1/2 pound fresh crabmeat**  
**2 cup Swiss cheese, shredded**  
**1/3 cup chopped green onion**  
**Fresh parsley sprigs**

Line 9-inch quiche pan with pastry, and trim off excess. Combine mayonnaise, flour, eggs, and milk; mix thoroughly. Stir in crabmeat, cheese, and onion. Spoon into pastry shell, and bake at 350° for 30 minutes or until firm in center. Garnish with parsley. Makes 8 servings.

Dolena Bell



## **QUICK CRAB QUICHE**

1 unbaked pie shell  
3 eggs, beaten  
1 pound crabmeat, picked and flaked  
8 ounces sour cream  
1 can French fried onion rings, crushed  
1 cup shredded cheese

Bake the pie shell at 400° for 3 minutes; remove from the oven, and prick with a fork. Return to the oven; bake 5 minutes; cool. Combine all the other ingredients, and pour into the shell. Bake at 350° for 35 minutes or until set. Let stand 10 minutes.

Harriette Kirk

## **SPEEDY QUICHE**

1 cup chopped ham OR Spam  
1/4 cup chopped onion  
1/4 cup chopped pepper  
1 tablespoon oil  
1 cup shredded Monterey Jack cheese  
2 cups milk  
1 cup biscuit mix  
4 eggs  
1/8 teaspoon pepper

Sauté ham, onion, and green pepper in oil until vegetables are tender. Spoon into lightly greased 10-inch deep-dish pie plate. Sprinkle with cheese. Mix remaining ingredients in blender or with hand mixer until smooth. Pour gently into pie plate. Bake at 400° about 30 minutes. Let stand 5 minutes before cutting. 6 servings.

Rose Tankard  
*Betty Weeks uses 2 cups of ham and substitutes Swiss cheese in her recipe.*

## **HAM AND CHEESE QUICHE**

4 eggs  
1 cup whipping cream  
8 ounces cheese of choice  
8 ounces ham, canned OR sliced  
1 unbaked pie shell

Hand-stir eggs in a bowl; add the whipping cream. Shred cheese, dice ham, and add to mixture. Pour into pie shell, and bake in a 350° oven for 50 minutes. *This is a very versatile quiche. Christine combines Cheddar and Mozzarella cheeses, and you can also substitute ground sausage for the ham, if desired.*

Christine Cessna

**1 9-inch pie shell**  
**6 slices bacon**  
**1/2 cup chopped onion**  
**2 cups shredded Swiss cheese**  
**2 eggs**  
**3/4 cup sour cream**  
**1/2 teaspoon salt**  
**Pinch of pepper**  
**1/2 cup shredded sharp Cheddar cheese**

Cook bacon until crisp; drain; crumble. Pour off all but 2 table-  
spoons drippings; add onion, and cook until tender. Combine bacon,  
onion, Swiss cheese, eggs (slightly beaten), sour cream, salt, and  
pepper. Pour into pie shell. Sprinkle Cheddar cheese on top. Bake  
at 375° for 25 minutes or until knife inserted off center comes out  
clean. Let stand 5 to 10 minutes before serving.

Julia Moore



*FOR MORE RECIPES, SEE INDIVIDUAL SECTIONS. YOU WILL FIND VEGETABLE CASSEROLES IN THE  
VEGETABLE SECTION.*

## Meats

It's fortunate that American cattlemen produce so much beef because the average American eats between 85 and 100  
pounds of it every year. Beef taste good, is easy to digest, and keeps you feeling alert and energetic because it supplies  
iron and a very high quality protein. It's available all year in many forms, from fresh steaks and roasts to frozen cuts,  
and from dried beef to hot dogs.

There are many and varied dishes presented here for your pleasure. Choose from dishes as different as "Beef  
Bourguignonne" and "Pigs in the Blanket". You'll find they please the cook and the lucky diner.  
Which will be your favorite?

## FLAVOR ROAST

Flour for sprinkling  
Large size roasting bag  
Salt to taste  
1/2 teaspoon black pepper  
4 to 5 pound chuck, sirloin or  
shoulder roast  
1 package dry onion soup mix  
1 can cream of mushroom soup  
1 1/2 cups water  
5 medium potatoes, peeled and halved  
5 carrots, peeled and cut

## DRIP BEEF

6 to 8 pounds boneless chuck roast  
Water  
4 beef bouillon cubes  
1 teaspoon garlic powder  
1 teaspoon savory  
1 teaspoon rosemary  
1 teaspoon oregano  
3 bay leaves  
Salt and coarsely ground black  
pepper to taste



Flour inside of large size roasting bag. Salt, pepper, and flour roast. Place in bag. Spread or sprinkle on other ingredients. Close bag loosely, and tie. Cut 6 one-inch slits in top area of bag, and place in a Pyrex dish. Bake at 325°, following the directions given for time on the cooking bag box.

Pat Humphrey

In a Dutch oven, place the roast and enough water to come half way up the roast; add spices (the salt is added later) and bouillon. Cover, and bring to a boil. Simmer gently on top of the stove for 8 or 9 hours, checking about every two hours. **DO NOT ADD ANY MORE WATER!** When the roast is tender, if there is too much liquid, remove the cover and cook at a higher temperature until the juices are reduced to about 6 cups. Taste the liquid and add salt and pepper as needed. Remove the roast from the liquid, discard fat, and shred the meat with two forks. Return the shredded meat to the juices, and serve over whole wheat, pumpernickel, or other "substantial" buns or breads. Serve with a mustard or other sauce (check the sauces in this book) of your choice, and plenty of napkins! Cole slaw is wonderful with this. Serves 8 or more.

Kathy Krauthheim



#### PEPPER IN WINE SAUCE

3 pounds sirloin OR other lean meat  
1 stick butter OR margarine, melted  
1/2 cup all-purpose flour  
1 package dry onion soup mix  
2 cups water  
2 cups Burgundy wine  
8 ounces fresh OR canned mushrooms

#### BEEF STROGANOFF

1 cup margarine  
2 to 3 large onions, finely diced  
3 cans mushrooms  
4 pounds round steak, cut into  
1/2-inch cubes  
1 garlic clove  
1 1/2 (6-ounce each) cans tomato paste  
6 cups sour cream  
3 tablespoons Worcestershire sauce  
Salt to taste  
Hot sauce to taste

#### MICROWAVE PEPPER STEAK

1 pound beef, cubed  
2 large onions, cubed  
2 green peppers, cubed  
1 can cream of mushroom soup

Cut steak into 2 or 3-inch pieces and brown in butter. Place in a covered baking dish, and add flour. Mix soup with water; pour over steak. Add wine, and cook at 325° for 1 1/2 hours. Add mushrooms; continue cooking until steak is tender, adding more water if needed. *This can be made well in advance and reheated before serving.*  
Makes 6 to 8 servings.

Margie Linnemeier

Over medium heat in a large skillet, brown onions and mushrooms in the margarine. Add the cubed beef; cover, and cook for 20 minutes. Add the remaining ingredients, ending with the tomato paste and sour cream. Warm long enough just to heat. The gravy should be a light orange blush. Use hot sauce and salt to taste. Serve over rice. Makes 14+ servings.

Macon Snowden

Layer 1/2 the beef in an oven proof 9-inch square pan. Place a layer of onions and a layer of peppers over the meat. Add the remaining layer of meat, and pour the soup over everything. Spread over the surface of the dish. Cover, and microwave on high for 10 minutes. Makes 4 servings.

David Downum

## TENDERLOIN TIPS STROGANOFF

1 pound boneless beef tenderloin tips  
2 tablespoons oil  
3/4 pound mushrooms  
1/2 cup sour cream  
2 tablespoons catsup  
Salt and pepper

## GREEN PEPPER STEAK

1 pound beef (chuck OR round)  
1/4 cup soy sauce  
1 clove garlic  
1 teaspoon ground ginger  
1/4 cup oil  
1 cup green or red peppers, cubed  
2 stalks celery, thinly sliced  
2 tomatoes, wedged  
1 tablespoon cornstarch  
1 cup water

Slice the meat into 1/2-inch strips. Slice the mushrooms. Heat the oil in a large frying pan. Add the meat, and cook over high heat stirring, until the meat is browned all over, about 3 minutes. Add the mushrooms, and continue to cook, stirring, until the mushrooms begin to release their moisture, about 3 minutes. Stir in the sour cream and catsup; heat through. Season to taste with salt and pepper, and serve. *This is especially good served over egg noodles. Sometimes I use chili sauce in place of the catsup, with very good results! NOTE: Chicken OR turkey can be substituted for the beef.* 3 to 4 servings.

Fran Krauthelm

Cut beef into thin strips. Combine soy sauce, garlic, ginger, and add beef. Toss; set aside while preparing vegetables. Heat oil in large frying pan. Add beef; cook over high heat until browned. Lower heat; simmer until meat is tender, approximately 25 minutes. Turn heat up, and add vegetables. Stir-fry vegetables until they are tender crisp, about 10 minutes. Mix cornstarch and water, and add to pan. Stir and cook until thickened. Add tomatoes, and heat through. Serve over steamed rice or noodles. Makes 4 servings. *If you like onions, cut 1 large onion into wedges, and add with the other vegetables.*

Dorothy Johnson

## **SAUTÉED BEEF WITH GREEN BEANS**

1/2 cup soy sauce  
1 cup water, divided  
1/2 cup wine or sherry  
3 tablespoons sugar  
1 pound beef, sliced thin  
1 pound green beans  
2 tablespoons cornstarch  
3 tablespoons oil

Chiyo Rice

## **OVEN BARBECUED BEEF**

3 pounds round steak (3/4-inch thick)  
2 tablespoons oil  
1/2 cup chopped onion  
1/2 cup vinegar  
3/4 cup catsup  
3/4 cup water  
1 tablespoon brown sugar  
1/2 teaspoon salt  
1 tablespoon prepared mustard  
1/8 teaspoon pepper  
1 tablespoon Worcestershire sauce

Heat oven to 350°. Cut steak into two equal portions. Pour oil into skillet, and heat; brown each piece of steak on both sides. Transfer steaks to roasting pan. Add onions to oil in skillet, and brown lightly. Add rest of ingredients to make a sauce; simmer in skillet 5 minutes. Pour sauce over steaks in pan. Cover. Bake 2 hours until meat is fork tender. Makes 6 to 8 servings.

Rosemary Garrish

*Brown meats under the broiler instead of browning in a frying pan for fewer calories.*



## **BEEF BOURGUIGNONNE**

3 pounds lean beef, cubed  
2 to 3 tablespoons butter **OR**  
bacon drippings  
1 cup beef consomme **OR** water  
3/4 to 1 1/2 cups red wine  
1 carrot, sliced  
Pinch of thyme  
1 tablespoon parsley  
Salt, pepper  
2 bay leaves  
1 1/2 cups mushrooms (fresh or canned)  
6 to 10 small onions

## **EASY BEEF BURGUNDY**

1 can cream of mushroom soup  
1 to 2 pounds stew beef  
1 package dry onion soup mix  
3/4 cup Burgundy  
1/2 pound mushrooms, optional

## **FAST AND EASY HAMBURGER STEW**

1 pound lean ground beef  
16-ounce can Veg-All  
Catsup to taste

Brown beef lightly in butter. Remove beef, and drain grease. Flour beef, and brown again. Transfer beef to covered casserole. Add liquids to just cover meat; add seasonings and carrot. Bake at 325° for 3 hours or more until beef is tender and sauce is thick. While the beef cooks, sauté onions and mushrooms in additional butter; set aside. When beef is cooked, stir in reserved onions and mushrooms; serve over rice or wide egg noodles. Makes 6 to 8 servings.

Margie Linnemeier



Mix all ingredients, except mushrooms, in a 2-quart casserole. Cover, and bake at 250° for 4 to 5 hours. Mushrooms may be added 30 minutes before serving. *Good over rice.* Makes 4 to 6 servings.

Jane Ledbetter

Brown the meat; drain fat. Mix in the drained vegetables, and add catsup to taste. Heat until warm. *Serve with crusty bread and a salad.* 4 to 6 servings.

Ann Russell

**3 tablespoons butter**  
**1 pound cube steak (OR 4 pieces)**  
**1 teaspoon salt**  
**1/3 cup water**  
**1/2 teaspoon lemon juice**  
**1/2 teaspoon Worcestershire sauce**  
**1 1/2 teaspoons pepper**

Melt butter in frying pan, and brown steaks on both sides. Remove meat. Add the remaining ingredients to the juices in pan, and simmer 5 minutes. Return meat to liquid in pan, and simmer another 10 to 15 minutes at medium heat.

Christine Cessna

### **BEEF STEW**

**1 1/2 to 2 pounds stew beef**  
**1 large onion, chopped**  
**1 can beef broth**  
**2 cups water**  
**2 tablespoons Worcestershire sauce**  
**1 package Knorr vegetable beef soup mix**  
**1 large can crushed tomatoes**  
**Carrots and potatoes as desired**

Brown beef and onion; add broth, water, and Worcestershire sauce. Simmer 1/2 hour. Add soup mix, tomatoes, carrots, and potatoes. Simmer until tender. Makes 6-8 servings.

Linda Garrett

### **BURGER BEAN BAKE**

**1/2 pound ground beef**  
**1/4 cup chopped onion**  
**8 1/4-ounce can cut green beans, drained**  
**1 cup canned baked beans, drained**  
**1 cup canned kidney beans, drained**  
**1/2 cup catsup**  
**1 teaspoon prepared mustard**  
**2 tablespoons molasses**  
**1/2 teaspoon Worcestershire sauce**

Heat oven to 350°. In medium skillet, brown ground beef and onion; drain. Add all remaining ingredients, mixing well. Pour into greased 1 1/2-quart casserole. Cover; bake at 350° for 30 minutes or until bubbly.

Chiyo Rice

- 2 tablespoons margarine
- 1 1/4 cups herb stuffing mix crumbs
- 1 egg, beaten
- 3-ounce can mushrooms, drained
- 1/3 cup beef broth
- 1/4 cup sliced green onions
- 1/4 cup toasted, chopped almonds
- 1/4 cup snipped parsley
- 1 teaspoon lemon juice
- 2 pounds ground beef
- 1 teaspoon salt
- Catsup, optional

# HAMBURGER PIE

- 4 servings instant mashed potatoes
- 1 medium onion, chopped
- 1 pound ground beef
- Salt and pepper to taste
- 1 can tomato soup
- 1-pound can green beans, drained

Melt the margarine; remove from heat, and add stuffing mix, egg, mushrooms, broth, onions, almonds, parsley, and lemon juice. Mix well. In a separate bowl, combine the meat and salt. Divide the meat mixture in half. On two sheets of wax paper, pat each half into an 8 inch circle. Spread all the stuffing on one of the 8-inch circles of meat to within 1 inch of the edge. Pick up the other meat patty and place on top of the stuffing. Carefully remove the wax paper from the top circle of meat, and pinch the edges together so that the "hamburger" is sealed all around. To cook: Invert the patty onto a greased wire basket, and remove the remaining piece of wax paper. Grill over medium coals 8 to 10 minutes on each side or until it is cooked throughout. *Some people like warm catsup served with this.* Cut into 6 wedges.

Fran Krauthelm

Make the instant potatoes as directed on package for 4 servings. Cook onion until transparent. Add meat, salt, and pepper; brown. Add the soup and beans. Pour into a 2-quart greased casserole. Top with the mashed potatoes, and spread evenly over top of meat mixture. Bake at 350° for 30 minutes. 4 servings.

Anne Hawkins

*Lemon or lime juice makes a wonderful marinade for beef or pork.*



1 pound ground chuck OR round  
 1/2 cup chopped onion  
 1 tablespoon shortening  
 2 teaspoons chili powder  
 1 teaspoon Worcestershire sauce  
 3/4 teaspoon salt  
 1 cup canned tomatoes, chopped  
 16-ounce can red kidney beans  
 1 cup corn bread batter

### HAMBURGER UPSIDE DOWN PIE

1 pound ground beef  
 1/2 cup chopped onion  
 1/2 cup chopped celery  
 1/4 cup chopped green pepper  
 1/2 teaspoon salt  
 1 can tomato soup  
 1 1/2 cups biscuit mix  
 1/2 cup milk  
 4 to 5 slices cheese

### HOBOS

1 large onion  
 1 large Idaho potato  
 1 pound ground chuck  
 Salt and pepper to taste

Brown meat and chopped onion in melted shortening. Add seasonings and tomatoes; cover; simmer over low heat 15 minutes. Add drained kidney beans. Pour into a greased 2-quart casserole. Top with cornbread batter. Spread batter carefully with a wet knife. Bake at 350° for 20 minutes or until brown and bubbly. *NOTE: Flako brand cornbread mix works best for me. Don't spread the cornbread on too thick.*

Holly Salter Smith

Brown hamburger in skillet with onion, celery, and pepper, until tender. Add salt and soup. Combine biscuit mix and milk. Roll the dough to a circle slightly smaller than the skillet. Spread the dough over the meat mixture and bake at 450° for 15 minutes. Turn upside down on a platter to serve. Top with 4 to 5 slices of cheese.

Betty Creger

Peel and slice the onion and potato into 1/3-inch thick slices. Form the beef into 4 patties as for hamburgers. Place each on a square of foil. Top first with a slice of potato, then a slice of onion. Salt and pepper to taste. Bring foil together, and seal at the top. Bake in a 425° oven for 45 minutes.

Frances Jeffreys

## MARY DUSZYNSKI'S MANHATTAN MEATBALLS

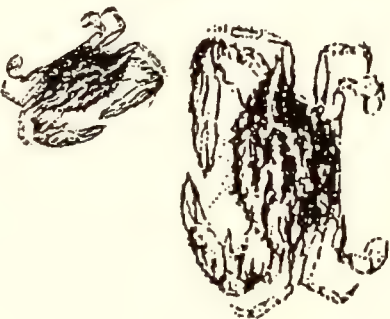
2 pounds ground chuck  
1/2 cup chopped onion  
2 cups fresh, soft bread crumbs  
2 tablespoons parsley  
2 eggs, well beaten  
2 teaspoons salt

### SAUCE:

10 ounces peach, apricot OR  
pineapple preserves  
1/2 cup barbecue sauce

### MEAT LOAF MIDGETS

1 pound ground beef  
1/2 cup bread crumbs  
1 egg  
6 ounces tomato paste  
1 teaspoon salt



Mix all ingredients well. Shape into 1 to 1 1/2 inch balls. Brown in 2 tablespoons butter. Remove; place in a single layer in an ovenproof casserole.

Mix sauce ingredients together. Spread over browned meatballs. DO NOT COVER. Bake about 35 minutes at 350°, stirring once. Makes 6 to 8 servings. *NOTE: This was given to me by Mary Duszynski whose husband was a physician at Sea Level Hospital many years ago. A great lady and a great recipe!*

Jean Chappell

Mix all ingredients well. Divide meat into 6 portions, and pack in a lightly greased 6-cup muffin pan. Bake at 425° for 30 minutes. Grated cheese can be added on top the last 5 minutes of cooking time.

Blanche Merrill

*For juicier meats, allow roasts to come to room temperature before cooking. Brushing the roast with oil before and during roasting will help seal in the juices, too.*

4 green peppers  
 1 can corned beef  
 1 1/4 pounds ground beef  
 2 tomatoes, chopped  
 1 cup cooked macaroni noodles  
 6 ounces cheese, cubed

Cut peppers in half lengthwise; blanch, drain, and set aside. In a skillet, brown the beef until the pink is gone; drain thoroughly. Mix together the corned beef, hamburger, tomatoes, and macaroni; stuff into pepper halves. Bake at 350° for 45 minutes. Top with cheese. Makes 4 servings.

Betty Creger

### **STUFFED WORCESTERSHIRE BEEF LOGS**

1 1/2 pounds ground beef  
 3/4 cup bread crumbs  
 1/2 cup chopped onion  
 1 egg, beaten  
 1/4 cup Worcestershire sauce, OR to taste  
 1 teaspoon salt  
 6 slices bacon  
 6 slices Cheddar cheese

Mix all ingredients, except cheese and bacon, in a medium bowl. Shape six small oblong loaves, and wrap one strip of bacon around each log. Insert a toothpick to hold the bacon. Bake in a preheated oven at 350° for 40 minutes. Top each roll with a slice of cheese, and bake an additional 5 minutes until the cheese is melted.

### **TEX MEX**

4 ounces mozzarella cheese  
 4 ounces sharp Cheddar cheese  
 1 pound ground beef  
 1 medium onion, chopped  
 1 package Taco seasoning  
 16-ounce jar salsa  
 Nacho OR corn chips  
 1/4 cup sour cream

Shred cheeses and mix together; set aside. Brown meat and onion; drain grease. Add dry taco seasonings mix and salsa to the meat; simmer 5 minutes. For each serving, place a bed of chips on the plate, place 1/4 the meat on top of the chips, 1/4 the cheeses on top the meat, and top everything with 1 tablespoon sour cream.

Nathan Daughtry



**8 to 10 medium potatoes**

**2 onions**

**6 to 8 slices of ham (1 1/2 pounds)**

**Salt and pepper to taste**

**1 cup grated Cheddar OR American cheese**

**1 can cream of mushroom OR celery soup**

**Paprika**

### **HAWAIIAN HAM**

**2 slices smoked ham, 1 1/2-inches thick**

**Prepared mustard**

**6 slices pineapple, reserve liquid**

**3 cooked OR canned sweet potatoes**

**Pineapple liquid**

**1/4 cup brown sugar**

### **HAM AND RICE RING**

**1 egg**

**1 can cream of mushroom soup**

**1/2 cup milk OR water**

**1/4 teaspoon salt**

**1/2 teaspoon dried basil (optional)**

**2 cups cooked rice**

**1 cup diced ham**

**Bread crumbs for top**

**Shredded cheese, optional**

**Cooked vegetables of choice**

Peel and thinly slice the potatoes and onions. Layer half the ham, potatoes, and onions in a crock pot. Sprinkle with the salt and pepper; add the cheese. Repeat with the remaining ham, potatoes, and onions. Spoon undiluted soup over the top. Sprinkle with paprika. Cover; cook on LOW for 8 to 10 hours. (HIGH: 4 hours).

Dolena Bell

Cut each ham slice in three individual servings. Spread with mustard, and place in greased baking dish large enough to hold all the ham in a layer. Top each ham slice with a pineapple slice, then with half a sweet potato. Pour pineapple syrup over all, and sprinkle with brown sugar. Bake at 325° for 1 1/2 hours. Serves 6.

Margie Linnemeier

Preheat oven to 375°. Mix together egg, soup, milk, salt, and basil. Grease a 9-inch ring mold or bundt pan. Layer the rice and ham. Pour liquid ingredients over rice/ham layer. Sprinkle the top with bread crumbs. Shredded cheese can be added. Place the mold in a larger pan, and add water to 1 inch depth in the larger pan. Bake for 30 to 45 minutes. Invert onto platter. Fill the center with a cooked vegetable. *Peas and carrots would taste great.*

Faye Peritt

## **CANDIED HAM ROLLS**

- 1/3 cup raw rice
- 1/2 teaspoon salt
- 1/4 teaspoon curry powder
- 2 1/2 cups water, divided
- 12 slices boiled ham, 1/8-inch thick
- 1/4 cup raisins
- 1/4 cup brown sugar
- 1/4 teaspoon dry mustard
- 1 tablespoon cornstarch
- 1 teaspoon vinegar
- 2 teaspoons lemon juice
- 1 tablespoon orange rind, grated

Add rice, salt, and curry powder to 1 1/2 cups boiling water. Simmer covered 20 to 25 minutes or until rice is tender and water is absorbed. Allow two ham slices for each roll. Place about 1/4 cup rice on each double-thick ham slice. Roll as a jelly roll. Place on a rack in open roasting pan; bake at 350° for 25 minutes. Simmer raisins in 1 cup water for ten minutes. Mix together brown sugar, mustard, and cornstarch. Add sugar mixture to raisins; cook, stirring constantly until thickened. Stir in remaining ingredients. Serve over ham rolls. *NOTE: Rolls may be made ahead of time. 6 servings.*

Margie Linnemeier

## **STUFFED HAM SLICES**

- 2 cooked, center cut ham slices,  
3/4 inch thick

### **Butter**

- 2 medium onions, sliced
- 2 green peppers, sliced
- 1 garlic clove, mashed
- 1/2 teaspoon basil
- 1/2 teaspoon salt
- Dash of pepper
- Dash of cayenne and sugar
- Chopped parsley
- 5 medium tomatoes, chopped OR
- 16 ounces canned tomatoes

Brown ham slices in butter. Remove. Sauté onions; add peppers, and cook 5 minutes. Stir in everything else. Cook until liquid is almost gone. Place all the vegetables on one slice of the ham, and top with the remaining slice. Bake for 30 minutes in a 350° oven. Baste occasionally with juices. *This is great served with grits and (see index for) curried fruit! Makes 4 to 6 servings.*

Fran Krauthaim

#### ROAST LAMB

1 teaspoon rosemary  
1 tablespoon olive oil  
1/2 teaspoon dried basil  
1/2 teaspoon crushed red pepper  
1 clove garlic, minced  
1/2 cup mint jelly OR mint sauce  
5 pound leg of lamb, boned and rolled  
Salt

#### RACK OF LAMB DION

5 ounces Dijon mustard made  
with white wine  
2 tablespoons Kikkoman soy sauce  
1 teaspoon powdered rosemary  
1/4 teaspoon ground ginger  
2 tablespoons olive oil  
1 to 2 cloves garlic, minced  
2 lean racks of lamb, consisting  
of eight chops each

#### HERB BROILED LAMB CHOPS

12 loin OR rib lamb chops, 1-inch thick  
2 teaspoons dried basil  
2 teaspoons marjoram  
2 teaspoons thyme  
2 teaspoons salt

Combine rosemary, oil, basil, red pepper, and garlic. Rub mixture over lamb; sprinkle with salt. Let stand several hours. Place meat in a roaster, skin side down; do not add water. Roast at 300°. Allow 30 minutes per pound for well done, 25 minutes per pound for slightly underdone lamb. Thirty minutes before end of baking time, turn roast, and spread on mint jelly or pour on mint sauce. Bake 15 minutes. Use drippings for sauce. Serves 8.

Margie Linnemeier

Combine all ingredients except meat. Cut down inside of racks between each chop; do NOT cut completely through. Paint meat with sauce. Put lamb, fat side down, on rack in a shallow pan. Broil 6-inches from heat until bubbling and brown. Remove from oven; turn and paint fat side with remaining sauce. Broil until dark brown and bubbling. 8 servings.

Margie Linnemeier

Wipe chops with a damp paper towel. Mix remaining ingredients; rub the mixture on both sides of the chops. Cover; chill for one hour. Broil 4-inches from heat. For medium rare, broil 6 minutes on one side; turn; broil 4 minutes. Makes 6 servings.

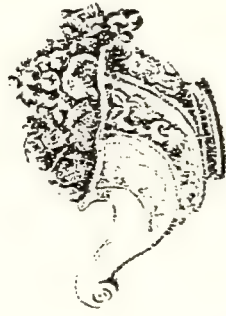
Margie Linnemeier



2 eggplants, peeled and sliced  
 Salt and pepper to taste  
 Olive oil  
 1 1/2 pounds lamb, ground  
   (beef can be used)  
 1 large onion, diced  
 1 tablespoon dill  
 8 ounces canned tomato sauce  
 1 tablespoon butter, melted  
 1 tablespoon all-purpose flour  
 1 1/2 cups milk  
 Parmesan cheese, grated

### ORIENTAL PORK ROAST

1/2 teaspoon red food coloring  
 2 teaspoons salt  
 3/4 cup soy sauce  
 1 small onion, chopped  
 1/2 cup lemon juice  
 3/4 teaspoon ground ginger  
 3/4 cup sugar  
 2 cloves crushed garlic  
 6 to 8 pound pork roast



Salt eggplant; let stand one hour. Rinse with clear water, press flat, squeezing out extra moisture. Fry in olive oil until golden brown. Brown lamb and onion with dill, salt, and pepper; add tomato sauce. Simmer for one hour, stirring occasionally. In a casserole, alternate layers of eggplant and meat mixture. Blend butter and flour; slowly stir in milk. Cook, stirring, until thickened. Pour into casserole; sprinkle with cheese. Brown in oven until bubbly (about 20 minutes) at 350°. 6 servings. *Cinnamon (to taste) can be used in place of dill if ground beef is used.*

Margie Linnemeier

Place the pork in a glass container big enough to hold meat and marinade. Combine all ingredients, and stir until sugar is dissolved. Pour over pork roast; refrigerate overnight, turning in marinade one or two times. Bake, uncovered, at 325° for about 3 1/2 hours (or until correct temperature is reached on meat thermometer), basting frequently.

Donna Mason

*Bellzora Chadwick's recipe calls for 2 tablespoons catsup in place of the food coloring.*

- 2 tablespoons teriyaki sauce**
- 1 tablespoon brown sugar**
- 1 tablespoon minced green onion**
- 1 teaspoon lemon juice**
- 4 1-inch thick, boneless pork chops**

### **FRUITED PORK CHOPS**

- 4 pork chops, browned in a little oil**
- 1 cup apple juice**
- 1/4 cup cider vinegar**
- 1 sliced Granny Smith apple**
- 15 to 20 grapes, halved**
- 1/2 teaspoon cinnamon**
- 1/4 teaspoon nutmeg**

### **PORK CHOPS AND VEGETABLES**

- 2 tablespoons oil**
- 6 pork loin chops, 1/2-inch thick**
- 1 green pepper, cut into strips**
- 2 tablespoons flour**
- 1 can condensed onion soup**
- 1 teaspoon salt**
- 2 tablespoons Worcestershire sauce**
- 1 teaspoon garlic OR garlic salt**
- 2 medium tomatoes, in wedges**

Combine all ingredients and marinate chops; refrigerate for 1 to 2 hours. Remove, keeping marinade. Place chops on broiler rack. Broil 5 to 6 inches from heat for 12 to 15 minutes. Brush with marinade. Turn once.

Neva Barnhardt

Drain excess oil from browned chops. Add juice, vinegar, apples, and grapes to the chops. Dust with cinnamon and nutmeg. Cover and simmer on low heat 30 minutes or until done. *This is delicious; the natural sugars from the fruit form a glaze for the meat.* Makes 2 to 4 servings.

Linda Gillikin

In a large skillet, heat oil. Add chops, 3 at a time, browning well on both sides; remove and set aside. Add green pepper and sauté for 3 minutes; remove and set aside. Stir in flour; cook, stirring, 1 minute. Blend in remaining ingredients except tomatoes and peppers. Bring to boiling point. Return chops to skillet; spoon sauce over chops. Cover and simmer until chops are tender, about 1 hour. Stir in tomatoes and sautéed green pepper. Cover and simmer 5 minutes longer.

Jane Ledbetter

## **Oil for deep frying**

**5 tablespoons oil**

## **A**

**1 pound pork loin, cubed**

**1 tablespoon wine**

**2 tablespoons soy sauce**

**1 teaspoon Accent**

**1 teaspoon finely chopped ginger  
mixed with 2 cloves mashed garlic**

## **B**

**1 egg**

**4 tablespoons cornstarch**

## **C**

**1/2 cup green pepper pieces**

**1/2 cup carrots, sliced**

**1/2 cup bamboo shoots, diced**

**1/2 cup pineapple chunks**

**1/2 cup chopped onion**

**1/4 teaspoon salt**

## **D**

**6 tablespoons sugar**

**2 tablespoons wine**

**1/2 cup pineapple juice**

**1/2 cup water**

**2 tablespoons soy sauce**

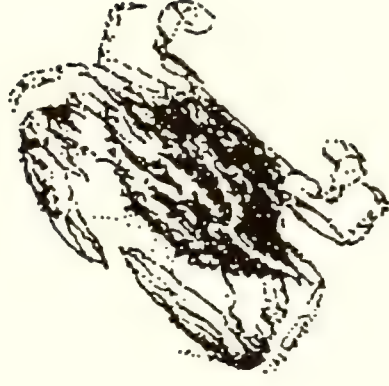
**3 tablespoons vinegar**

**2 tablespoons cornstarch**

**3 tablespoons catsup**

Heat oil as for deep fat frying. Place all of **A** in a bowl, and stir together and let sit while oil heats and next step is completed. Mix **B** in a large bowl, and add **A** to it. Stir until all the pork pieces are covered in batter. Drop in hot oil, and fry until the meat is crispy and golden brown. Remove the meat, and discard this oil. In another pan, mix **D** together, and place on low heat to slowly boil until it begins to thicken and turn clear. While this is coming to a slow boil, place 5 tablespoons oil in the deep fat fryer; add **C** and stir-fry a few minutes, keeping vegetables crisp. Add the fried pork to the vegetables. By this time the sauce should have come to a slow boil, thickened, and cleared. Place the meat and vegetables on a serving platter, and pour the sauce over all. Can be served with rice and chow mein noodles.

## **Chiyo Rice**





- 2 pork tenderloins
- 2 quarts water
- 1/2 teaspoon salt
- 1/2 cup chili sauce
- 1/2 cup brown sugar
- 1/4 cup cider vinegar
- 1 tablespoon Worcestershire sauce
- 2 cups catsup

**KIELBASA WITH VEGETABLES**

- 1 to 1 1/2 pounds Kielbasa, smoked OR turkey sausage, sliced
- 3 cups vegetables (carrot, onion, etc.)
- 1/8 teaspoon red pepper
- 16-ounce can black beans, drained

**SPICY CAJUN SAUSAGE AND BEANS**

- 1/2 pound hot Italian sausage
- 1 cup chopped onions
- 1 clove minced garlic
- 15 1/2-ounce can Cajun-style stewed tomatoes
- 1 can drained kidney beans
- 8 ounces tomato sauce
- 1/2 teaspoon chili powder
- 1 cup diced celery
- 1 diced green pepper

Cook pork tenderloins in water with salt for about <sup>1</sup>/<sub>2</sub> hour or until meat starts to fall apart. Be sure to cook thoroughly. Remove meat from stock. Save stock. Put last 5 ingredients in saucepan, and bring to boil. Add 3 cups stock. Return pork to sauce; simmer for about <sup>1</sup>/<sub>2</sub> hour longer. *This recipe can be easily doubled.* Makes 4 servings.

Becky Brown

Brown sausage in skillet. Remove and drain. In the same pan, cook vegetables to desired doneness. Add sausage, pepper, and beans. Cook 1 or 2 minutes until warm.

Chiyo Rice

Mix all ingredients into a crock pot, and cook on slow for 6 to 8 hours. Serve over rice. This can also be prepared in a skillet. Simmer until vegetables are tender and sausage is cooked. Makes 4 to 6 servings.

**5 slices bacon**  
**3 slices processed cheese**  
**10 hot dogs**  
**1 10-count refrigerator biscuits**

Cut the bacon in half crosswise. Slice cheese into 1/2-inch strips. Make a 1/4-inch slit lengthwise in each hot dog. Place a strip of cheese in each slit. Roll out the biscuit dough to about the size of a saucer or slightly larger. Place the cheese stuffed hot dog on the dough, and roll the dough around each hot dog to encase it. Diagonally wrap each bundle in one piece of bacon. A toothpick may be needed to secure each bundle. Place on a baking sheet, and bake in a 400° oven for 12 to 15 minutes or until the bacon is crisp and the bread is golden brown. Serve these with Boston baked beans and cole slaw (see index for both recipes!). *These are good hot or cold.*

Gerry Beveridge  
 Jan Blackwell

## **SPINACH AND SAUSAGE PIE**

**2 prepared pie shells, only 1 baked**  
**1 pound hot ground sausage**  
**1 small onion, chopped**  
**1 teaspoon Worcestershire sauce**  
**1 small can mushrooms, chopped**  
**15-ounce can spinach**  
**8 ounces shredded sharp Cheddar cheese**

Combine sausage, onions, Worcestershire and mushrooms in a frying pan. Cook until sausage is browned. Drain grease. Drain spinach, and spread 1/2 in the baked pie shell. Layer 1/2 sausage mixture, then 1/2 the cheese on top of the spinach. Repeat in the same order. Place the unbaked pie shell upside down on top, and crimp edges. Make a few vent slits in the top. Bake in a 350° oven until golden brown.

Jerry Riggins

*If you are wondering how many people your ham will serve,  
 count on 1/2 pound per person for a bone-in ham and 1/3 pound  
 per person for a boneless ham!*

**2 pounds veal cutlets, 1/2-inch thick**  
**All-purpose flour**  
**Salt and pepper**  
**Shortening**  
**2 cans cream of mushroom soup**  
**18 ounces canned evaporated milk**

**VEAL GOURMET**

**1/2 cup dry red wine OR sherry**  
**1/2 teaspoon salt**  
**1/8 teaspoon marjoram**  
**4 veal chops OR steaks, 3/4-inch thick**  
**2 tablespoons shortening**  
**5-ounce can water chestnuts,**  
**drained (reserve liquid)**  
**3-ounce can sliced mushrooms,**  
**drained (reserve liquid)**  
**2 tablespoons cornstarch OR flour**  
**Paprika**

**JIM'S VENISON ROAST**

**Flour for cooking bag**  
**5 to 7 pound venison roast**  
**1 can cream of mushroom soup**  
**1 package Lipton onion soup mix**  
**Carrots, onions, potatoes, optional**

Cut veal into 6 to 8 serving pieces. Flour, season and brown in shortening in a Dutch oven. Mix soup and milk; pour over veal. Cover; bake one hour at 250°. Serve over rice or noodles. Makes 6 to 8 servings.

Margie Linnemeier

Combine wine, salt, and marjoram; marinate meat for one hour or longer in the wine mixture. Drain, reserving marinade. Brown chops, and add marinade. Simmer covered 30 to 45 minutes until chops are tender. Combine reserved liquids and cornstarch; stir into pan, and heat until sauce thickens. Add water chestnuts and mushrooms. Sprinkle with paprika. 4 servings.

Margie Linnemeier

Sprinkle the cooking bag with flour. Place all the ingredients in the bag (either with or without vegetables); secure. Poke a few holes in the top of the bag, and bake in a pan for about one hour at 350°.

Barbara Willis



- 1 1/2 pounds thin veal steaks
- 3/4 teaspoon garlic salt
- 1/4 cup sifted flour
- 1/4 teaspoon freshly ground pepper
- 1/8 teaspoon oregano
- 2 tablespoons olive oil
- 1 tablespoon butter
- 1 egg, beaten
- 1/4 cup light cream (half-and-half)
- 1/3 cup fine cracker crumbs
- 1/3 cup Parmesan cheese, shredded
- 1 tablespoon parsley, finely chopped
- 3/4 cup white wine

Combine garlic salt, flour, pepper, and oregano. Cut meat in serving pieces; coat with flour mixture. Combine egg and cream; dip meat into mixture. Combine the cracker crumbs, cheese, and parsley; dip the coated veal pieces into the cracker mixture. Brown the meat slowly in the oil and butter (can add one more tablespoon butter), and place meat in 9x13-inch baking dish. Add the wine to drippings in pan; stir, and bring to a boil. Pour over meat. Cover; bake at 400° for 35 minutes or until tender. Makes 6 servings.

Margie Linnemeier



FOR MORE MEAT RECIPES SEE MAIN DISH CASSEROLES.

*A good rule of thumb when marinating foods is 1/2 cup marinade for each pound of meat. Using a plastic twist-tie or zipper closed bag is an easy, no-clean-up way to marinate foods. NEVER use aluminum or pottery utensils to marinate food. Usually roasts take 6 hours or overnight to marinate. Chops or steaks take from 2 to 12 hours.*

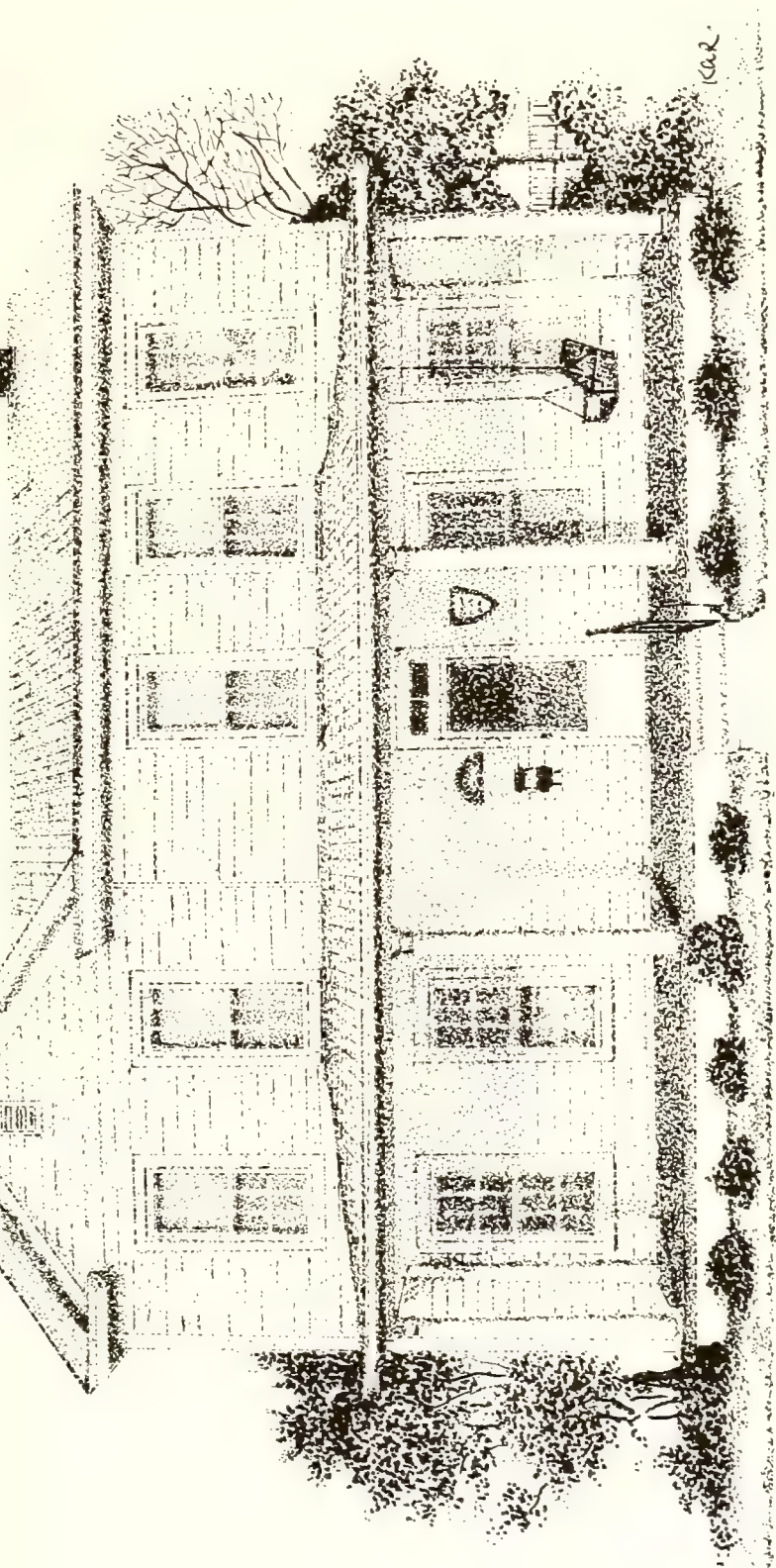
## FAVORITE RECIPES

***Recipe Name***

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# POULTRY AND SEAFOOD



**Dill House**



## DILL HOUSE

The Dill House at 119 Queen Street, Old Town Beaufort, North Carolina, became the second parsonage for Ann Street Methodist Church in the year 1887 under Reverend F.A. Bishop and was remodelled by the addition of rooms on the south side in 1889.

The house, built in 1827 by Abner Dill, was of "shot-gun" construction, but the addition of four rooms, two upstairs and two downstairs, added more living space. During the sixty-six years the Dill House served as our parsonage, twenty-six consecutive ministers and their families called it home.

Although improvements have been made to the inside and outside of the house, the original plaster walls remain in the living room along with old ship beams, wooden pegs, and heart pine lumber used to build the framework.

An old cistern built and signed by R.R. Ramsey stands behind the present kitchen, and old ballast stones found behind the garage are displayed in the front yard. The house was bought in 1960 by the A.T. Bowens.

Present Owner, Rosemary Bowen Garrish

Fried Southern style, stewed, stuffed, or bubbling in a thick sauce under a flaky crust, poultry makes wonderful eating. Because they are easy to prepare and economical, chicken, turkey and other fowl are popular with families everywhere.

Whether you try our "Easy Microwave Chicken," "Hugh's Chicken Fingers," "Mama's Wild Duck," or "Mrs. Owens' Braised Quail with Grapes," we are confident you will be pleased.

When buying chicken or turkey, purchase the following amount per serving:

BONELESS (fillets, nuggets)--1/4 to 1/3 pound;

WHOLE--1/3 to 1/2 pound;

PARTS (thigh, legs)--1/3 TO 1/2 pound;

PARTS WITH LARGE AMOUNT OF BONE, (necks, wings, backs)--1 pound.

### **APRICOT CHICKEN**

8 pieces boneless chicken breasts

10 to 12 ounces apricot preserves

1 package brown gravy mix

1 cup water

Place chicken in a single layer in an oven proof dish. Thoroughly mix the preserves, gravy mix, and water. Pour over the chicken and bake for one hour at 350°. *This is good served with wild rice or chicken stuffing.* 6 to 8 servings.

Rose Tankard

### **BAKED CHICKEN BREAST**

8 boned, skinned chicken breast halves

8 (4x4) slices Swiss cheese

1 can cream of chicken soup, undiluted

1/4 cup white wine

1 cup herb seasoned stuffing mix

1/4 cup melted butter

Arrange the chicken in a single layer in a lightly greased baking dish. Top with sliced cheese. Combine soup and wine; spoon over chicken. Sprinkle with stuffing mix. Drizzle butter over all. Bake at 350° for 45 to 60 minutes. Makes 8 servings.

Thelma Ward

- 6 to 8 chicken thighs
- 1 tablespoon olive oil
- 1 green pepper, chopped
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 15 ounces Mexican style tomatoes
- 1 cup water
- 8 ounces Mahatma saffron rice
- 1 bay leaf
- 2 cups green peas

**BARBECUE CHICKEN**

- 1 chicken, cut in pieces
- 7 tablespoons oil
- 4 tablespoons Worcestershire sauce
- 3 tablespoons vinegar
- 1 to 2 small onions, chopped
- 1 cup catsup
- 1/2 teaspoon salt

**CHICKEN CORDON BLEU**

- 6 boneless chicken breast pieces
- Salt, pepper, garlic powder
- 6 thin slices ham
- 1 pound sliced Monterey Jack cheese
- 2 cans mushroom soup



Fry chicken thighs in olive oil in a Dutch oven. When browned on both sides, add green pepper, onion, and garlic. Cover, and "steam sauté" until soft. Add tomatoes, water, rice, and bay leaf; cook 30 minutes. Add peas, and cook 15 additional minutes. Serves 4.

Sandy Lockwood

Place washed chicken pieces in a baking pan. Mix the remaining ingredients together, and pour over the chicken. Bake at 350° for one hour or until tender. Serves 6 to 8.

Ruby Dudley

Set oven temperature at 350°. Salt, pepper, and garlic chicken; bake for 30 minutes. Let cool. Spray casserole dish with non-stick spray. Wrap chicken breast in ham, and place in dish. Cover with cheese, and pour soup over all. Bake for 30 minutes more at 350°. Serves 6.

Patty Springle



**1 small jar Cajun chicken seasoning**  
**1 small jar paprika**  
**One whole chicken (can use parts)**  
**1/4 cup honey**

Combine Cajun seasoning with paprika in a shaker. Cover inside and outside of chicken with seasoning. (There will be a lot of seasoning left!) Place the chicken in a baking pan. Secure wings and legs. Boil neck and gizzards in 2 to 3 cups water while chicken bakes, and use broth to cook rice to serve with the chicken. Bake at 350° until internal temperature is 180°, for a whole chicken (about 1 hour). Chicken parts take about 45 minutes. Remove chicken from oven. Brush top and sides with honey. Return to oven for 3 minutes. Serve with chicken flavored rice! Serves 2.

Amy Lynch

#### **CASHEW NUT CHICKEN STIR-FRY**

**4 half chicken breasts, boned**

**2 tablespoons cornstarch**

**4 tablespoons oil**

**1 green bell pepper**

**2 medium onions**

**SAUCE:**

**4 teaspoons hoisin sauce**

**4 tablespoons soy sauce**

**2 teaspoons cornstarch**

**2 teaspoons oil**

**Black pepper to taste**

**4 ounces unsalted cashew nuts**

Cut chicken into bite-size pieces, sprinkle with 2 tablespoons cornstarch and 4 tablespoons oil to coat. Set aside. Chop vegetables. Mix the remaining ingredients to be used for the sauce, and set aside. Cook chicken in stir-fry pan or wok for 2 minutes. Push up onto the sides of the wok. Stir-fry vegetables until crisp tender. Add cashews, and stir-fry all for a few minutes. Stir the sauce and add; heat until the sauce thickens. Serve over rice. Makes 4 servings.

Carol Willis

## **CHICKEN DIVAN**

6 to 8 pieces chicken breast  
20 ounces frozen broccoli  
2 cans cream of chicken soup  
1 cup mayonnaise  
1/2 cup grated Cheddar cheese  
1 tablespoon lemon juice  
1/2 cup buttered bread crumbs

Wrap each breast which has been lightly salted, in foil. Bake at 400° for 1 1/2 hours. Cool; debone. Cut into bite size chunks. Meanwhile, cook broccoli in lightly salted water. Drain. Arrange drained broccoli in bottom of 9x13-inch baking dish. Place chicken on top of broccoli. Mix 2 cans soup, 1 cup mayonnaise, 1/3 cup cheese, and lemon juice. Pour over chicken and broccoli. Sprinkle remaining cheese and bread crumbs over all. Bake at 350° for 30 to 40 minutes. *Cover with aluminum foil for the first 15 minutes.* May be made in advance of baking. Bring to room temperature before baking, or increase baking time to 45 to 55 minutes. Makes 4 servings.

Chiyo Rice

*Doris Wright uses 1/2 cup mayonnaise, 1 teaspoon lemon juice, and 1 full cup of soft bread crumbs. She also parboils the chicken instead of baking it.*

*Gerry Beveridge adds 1 teaspoon curry to the cheese and crumb topping.*

## **FAST CHICKEN DIVAN**

1 package frozen puff pastry shells  
1 can cream of chicken soup  
1 can cream of mushroom soup  
1 1/2 cups bite-size chicken pieces, cooked  
3/4 cup broccoli pieces

Bake pastry shells as directed on package. While these are baking, combine and heat soups, undiluted. Add meat and vegetables. Warm just until heated through. Spoon into baked pastry shells. Makes 4 to 6 servings.

Chiyo Rice

**20 ounces frozen broccoli**  
**12 ounces cooked chicken**

**SAUCE:**

**2 tablespoons butter**  
**2 tablespoons all-purpose flour**  
**1/2 teaspoon salt**  
**1/4 teaspoon white pepper**  
**2 cups milk**

**1 cup Cheddar cheese**

**TOPPING:**

**Bread crumbs**  
**Additional butter**  
**3 ounces grated cheese**



**QUICK CHICKEN DIVAN**

**1/2 cup Cheddar cheese**  
**10 ounces asparagus OR broccoli**  
**3 to 4 slices cooked chicken/turkey**  
**1 can cream of chicken OR mushroom soup**  
**1/3 cup milk**

Cook broccoli as directed on package. Drain; place in a buttered 2-quart dish. Cover with chicken, and set aside. Make the sauce by melting the 2 tablespoons butter in a saucepan. Whisk in flour, salt, and pepper until blended; add milk slowly and stir until smooth and slightly bubbly. Add cheese, and stir to blend. Cover the chicken with the cheese sauce. Sprinkle bread crumbs on top, and dot with additional butter. Sprinkle grated cheese on top, and brown in a 350° oven for 20 minutes. *For a crisper broccoli, do not cook before assembling the dish...you might even want to try fresh, uncooked broccoli if you like your vegetables really crunchy!* Serves 4.

Minnie McIntyre

Shred the cheese. Cook and drain vegetable; place vegetable in shallow baking dish (6x10-inch). Top with sliced chicken. Blend soup and milk. Pour over all. Sprinkle with cheese. Broil 4 to 5 inches from heat until hot and lightly browned on top (about 8 minutes), OR bake at 450° about 15 minutes. *Experiment...try almonds or Parmesan cheese sprinkled on top instead of Cheddar...or use a combination.* 3 to 4 servings.

Joyce Gutknecht

***Marinate chicken in soy or teriyaki sauce before grilling for a change of pace.***



- 1/2 cup onion
- 4 tablespoons butter
- 1 3/4 cups all-purpose flour, divided
- 1 teaspoon salt, divided
- 1/4 teaspoon pepper
- 2 cups chicken stock
- 2 cups chicken
- 1/2 cup green peas
- 1/2 cup carrots
- 2 teaspoons baking powder
- 1/4 cup shortening
- 3/4 cup milk

**EASY CHICKEN PIE**

- Favorite 2 crust pastry
- 1/2 cup finely chopped onion
- 6 tablespoons butter
- 1/2 cup all-purpose flour
- 3 cups chicken broth
- 3 cups cooked chopped chicken

Cook the onion in 4 tablespoons butter until tender and transparent; remove 1/2 the onions, and reserve for later use. To the remaining onions, add 2 tablespoons flour, 1/2 teaspoon salt and the pepper, mixing until smooth. Slowly add the chicken stock and heat, stirring constantly, until the sauce is thickened. Add the chicken, peas, and carrots. Transfer to a 9x13-inch casserole dish. Mix the remaining ingredients and the reserved onions to make a biscuit dough. Form into biscuits and lay on top of the chicken mixture in the casserole dish. Bake in a preheated 400° oven until the biscuits are cooked and the filling is bubbly.

Macon Snowden

Roll out pastry, and cut to fit top of 9x13-inch casserole. Place pastry on ungreased cookie sheet (cut a design on top if you wish). Bake at 425° about 15 minutes or until golden brown. Remove from oven and let cool. Sauté onion in melted butter until tender and transparent. Stir flour in, add chicken broth; stir until smooth. Fold in chopped chicken, and cook until mixture is thick and bubbly. Pour into the 9x13-inch serving dish and place baked pastry on top. **DO NOT BAKE.** It is ready to serve NOW. Makes 6 servings.

Thelma Ward

*Chicken buttered in Dijon mustard and sprinkled with rosemary or sage before baking is delicious!*

**1 chicken, cooked and boned**  
**2 cups chicken broth**  
**1 can cream of chicken soup**  
**1 stick margarine**  
**2 cups self-rising flour**  
**2 cups buttermilk**

### **CHICKEN AND RICE**

**4 pounds of chicken pieces**  
**1/2 stick margarine**  
**1 can mushroom soup**  
**1 cup cooked rice**  
**1/2 cup chopped green pepper**  
**1/4 cup chopped onion**

### **CHICKEN STROGANOFF**

**1 whole chicken, cooked**  
**1 cup chopped onion**  
**1 cup chopped green pepper**  
**1 tablespoon margarine**  
**2 cans cream of mushroom soup**  
**1/2 teaspoon thyme**  
**1/2 teaspoon crushed rosemary**  
**16 ounces sour cream**  
**12 ounces noodles, cooked**

Place chicken in 9x13-inch dish. Bring the soup and broth to a boil. Pour over chicken. Mix together melted margarine, flour, and buttermilk. Pour over chicken. Bake at 350° for 30 minutes. Turn up oven temperature to 450°, and brown for 5 to 10 minutes. Serves 6 to 8.

Louise Nelson

In a 9x13-inch pan, place the chicken pieces and the 1/2 stick margarine. Cook in a 350° oven for 45 minutes until done. Mix together the soup, rice, and vegetables; place around and over the cooked chicken. Cover with foil, and bake an additional 30 minutes; uncover, and cook 15 minutes more.

Mary Murphy

Remove the chicken from the bones. Saute onion and pepper in margarine in a medium sauce pan until soft. Add soup, chicken, seasonings, and sour cream. Mix with the cooked noodles. Pour into a greased 2 quart casserole and bake at 350° for 45 minutes, OR microwave at full power for 20 minutes until hot and bubbly. Serves 6.

Sandy Lockwood

4 to 5 chicken breast pieces  
 1 tablespoon dried minced onion  
 Salt to taste  
 2 cans chicken-mushroom soup  
 12 ounces egg noodles  
 3 cups shredded mozzarella cheese

Boil chicken breast with the minced onion and some salt for 1 hour. Remove chicken, and cool. Skin and debone; cut into small pieces. Add enough water to the chicken broth to have the amount of liquid needed to cook the noodles (check package for amount); bring to a boil. Add the noodles and salt if necessary. Cook according to package directions. Drain. Combine noodles, chicken, soup, and 1/2 the cheese; pour into a 2 1/2-quart baking dish. Sprinkle remaining cheese on top; cover with foil, and bake in a preheated 350° oven approximately 30 minutes or until cheese is melted. *This is my family's favorite dish!!* Serves 4.

Anita Hardesty

### **CHICKEN OR TURKEY BRUNSWICK STEW**

5 pounds chicken or turkey breast  
 3 cups chopped onion, divided  
 2 stalks celery, chopped (tops too)  
 1/4 teaspoon red hot pepper sauce  
 1/4 teaspoon coarsely ground  
   black pepper  
 1/2 teaspoon salt  
 1 teaspoon Worcestershire sauce  
 10 cups water  
 16 ounces frozen baby lima beans  
 24 ounces tomatoes  
 16 ounces frozen corn  
 Salt and pepper to taste

Place chicken in large pot with 2 cups of onion, the celery, pepper sauce, black pepper, salt, Worcestershire sauce, and water. Cover; simmer for 1 to 2 hours or until chicken is tender. Remove chicken from broth and discard skin and bones; cool, and cut into small pieces. Strain broth, and discard everything except the liquid. If time permits, refrigerate liquid and when chilled, skim fat. Put 8 cups of broth (use canned, if not enough from cooking the chicken) back in the pot, add frozen beans and the remaining onion. Cover and simmer 35 to 40 minutes, or until the beans are tender. Add tomatoes, corn, chicken, salt and pepper. Simmer 20 to 30 minutes, stirring occasionally. If the mixture is too thin, whisk 1 tablespoon flour into 1/2 cup cold water, and stir into hot mixture.

Beth Arrington



**3/4 cup water**  
**3/4 cup Instant Rice**  
**2 chicken breast pieces, skinned and boned**  
**8 ounces tomato sauce**  
**1/4 cup additional water**  
**1/4 cup chopped onion**  
**1 clove minced garlic**  
**2 tablespoons chopped green pepper**  
**1/2 teaspoon basil**  
**1/8 teaspoon pepper**

### **CURRIED TURKEY OR CHICKEN**

**1 1/2 cups chopped celery**  
**1 cup chopped onions**  
**4 teaspoons shortening**  
**5 teaspoons flour**  
**1 1/2 teaspoons salt**  
**1/4 teaspoon pepper**  
**1/8 teaspoon dry mustard**  
**1/4 teaspoon paprika**  
**1 1/2 teaspoons Worcestershire sauce**  
**2 to 3 teaspoons curry (to taste)**  
**Thin turkey OR chicken gravy**  
**4 cups chopped turkey OR chicken**

*Tomatoes, basil and Italian spices give baked chicken a new lease on life!*



Boil 3/4 cup water; remove from heat, stir in rice. Cover and let stand 5 minutes. Coat non-stick skillet with vegetable spray. Heat until hot. Add chicken and cook until brown; turning once. Add tomato sauce and remaining ingredients. Bring to a boil. Cover, reduce heat and simmer 6 minutes. Stir occasionally. Serve over rice. Makes 2 servings.

Barbara Paerl

In shortening, saute the celery and onions. Add flour and mix well. Next add salt, pepper, mustard, paprika, Worcestershire, and curry; thin with gravy to make a sauce. When the sauce is just about the right consistency, gently add the chicken and heat thoroughly. Serve this over rice and add desired condiments (chutney, India relish, chopped peanuts, shredded coconut, hard cooked eggs [yolk and whites separated and grated], cranberries, bacon bits, etc...). Makes 6 large servings.

General of the Air Force, H. H. Arnold  
 (submitted by Macon Snowden)

## **EASY MICROWAVE CHICKEN**

**1 whole chicken**  
**1 cooking bag, flour**  
**1 can chicken broth**  
**Salt and pepper to taste**

Combine all ingredients in a cooking bag (sprinkled with flour), and place in a microwave dish. *Be sure to cut vent slits in the bag!* Cook on high power, three minutes per pound. Reduce power to 70%, and cook ten minutes per pound. Good with rice or stuffing. This makes 4 to 6 servings.

Sharon Thomas

## **EASY ROAST CHICKEN**

**2 1/2 pound broiler-fryer, cut up**  
**Salt and pepper to taste**  
**1/2 cup cream sherry OR Madeira**  
**1/4 cup butter, melted**  
**Juice of 1 small lemon (about 2 tablespoons)**  
**2 cloves garlic, minced**  
**1 teaspoon rosemary**

Season chicken with salt and pepper. Place in shallow baking pan. Mix remaining ingredients well; pour over chicken. Roast in preheated 350° oven, basting every 15 to 20 minutes. Total cooking time is 45 to 60 minutes, or until golden brown and fork tender. Makes 4 servings.

Jane Ledbetter

## **GRILLED CHICKEN**

**1/2 cup oil**  
**1/4 cup water**  
**2 tablespoons lemon juice**  
**2 tablespoons vinegar**  
**1 package chili seasoning mix**  
**1 pound boneless, skinless chicken**

Combine oil, water, lemon juice, vinegar, and chili seasoning in glass bowl or a plastic bag. Add 1 pound boneless, skinless chicken. Marinate 30 minutes. Broil or grill.

Cut chicken into 1 to 1 1/2-inch pieces; set aside. Combine the remaining ingredients, except oil. Dip chicken pieces into batter, and fry in hot oil until golden brown. Drain on paper towels. *These are great for picnics or patio parties.*  
Makes 6 to 8 servings.

Chiyo Rice  
Thelma Ward

### HAWAIIAN CHICKEN

1 cup soy sauce  
1 1/4 cups sherry  
3 1/2 cups unsweetened pineapple juice  
2/3 cup sugar  
1/2 cup red wine vinegar  
1 1/8 teaspoons garlic  
Approximately 20 pieces of chicken

Mix all ingredients. Marinate chicken 24 to 48 hours in the refrigerator; grill!

Lisa Kittrell

### HUGH'S CHICKEN FINGERS

1/2 to 3/4 pound boneless chicken tenders  
1/2 cup seasoned bread crumbs  
2 tablespoons oil (oil spray can be used)  
Fresh lemon juice  
1 to 2 teaspoons Worcestershire sauce  
Salt and pepper

Dampen chicken in water, and roll in crumbs. Brown fingers on both sides in pre-heated oil. Add water to just cover chicken pieces, and sprinkle with the fresh lemon juice and Worcestershire sauce. Salt and pepper to taste. Cover, reduce heat to low, and simmer gently 15 minutes. Serve with wild or brown rice. Makes 2 to 3 servings.

Hugh Blackwell



1/4 cup orange marmalade  
 1/4 cup honey  
 1/2 teaspoon ground ginger  
 4 chicken breast pieces, skinned  
 8 ounces pineapple chunks, drained  
 1 orange, peeled and sectioned

## **JAVANESE DINNER**

Boiled rice  
 Diced chicken in broth with  
 mushroom soup added  
 Canned chow mein noodles  
 Diced celery  
 Diced green onions  
 Shredded Cheddar cheese  
 Drained crushed pineapple  
 Finely grated coconut  
 Toasted slivered almonds

## **MONTEREY CHICKEN**

4 boned, skinned chicken breast pieces  
 2 tablespoons oil  
 4 tablespoons salsa  
 4 teaspoons chopped green onion  
 Black olives, sliced  
 4 ounces Monterey Jack cheese, shredded

Combine the marmalade, honey, and ginger; stir well. Place the chicken in a lightly greased 9x13-inch baking dish; brush with half the marmalade mixture. Bake uncovered at 350° for 50 minutes, basting occasionally with the remaining marmalade mixture. Spoon pineapple and orange sections over the chicken and bake 10 more minutes. Makes 4 servings.

Anne Brown

Pass each of the above ingredients in the order listed, making sure each person has been served each of the ingredients. *It is fun to have all guests bring one of the ingredients for their part in the dinner.* The chicken is boiled, then boned, skinned, and diced. Add a can of cream of mushroom soup to the defatted broth. This will be a thin soup. *The hostess can do the rice and chicken. Adjust the amounts depending on the number of persons to be served. If there is not enough broth, make more with bouillon cubes. Lemonade pie goes great for dessert with this meal.*

Becky Brown

Sauté chicken breasts in about 2 tablespoons oil until lightly browned. Line a cookie sheet with foil, and lightly grease the foil. Place chicken on cookie sheet, and top each breast with 1 tablespoon salsa, 1 teaspoon green onion, and a few slices of black olives, and sprinkle with cheese. Put under the broiler until cheese is melted. Serve with Spanish rice and a crisp green salad.

Beth Lillard Lupton

**6 slices bacon**  
**1 medium onion**  
**Salt and pepper**  
**1 medium fryer**  
**1 cup tomatoes**  
**1 tablespoon Worcestershire sauce**  
**1 quart butter beans (fresh, frozen)**  
**1 quart corn**

### **MICHAEL PENNEY'S CHICKEN CACCIATORE**

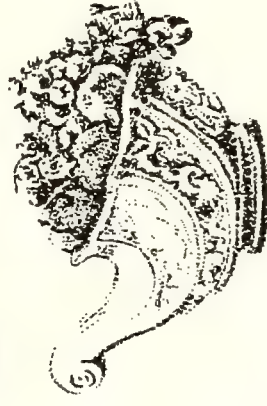
**8 pieces of chicken (4 pounds)**  
**Salt and pepper to taste**  
**5 tablespoons oil**  
**1 medium onion, chopped**  
**2 cloves garlic, chopped**  
**3/4 cup white wine**  
**16 ounces canned tomatoes**  
**6 ounces tomato paste**  
**6 ounces of water**  
**1/3 teaspoon thyme**  
**2 bay leaves**  
**1/2 cup all-purpose flour**  
**3/4 large bell pepper, chopped**  
**6 ounces sliced mushrooms**

Fry bacon and take up. Fry onion and take up. Salt, pepper and flour chicken, and then fry it. When chicken is brown, pour tomatoes and Worcestershire over it, and steam until chicken is tender. Cook slowly. Remove chicken from bones when cooked. Return the chicken, onions, and bacon to the pot. Add beans (pre-cooked if frozen) and corn, water if necessary. Simmer to right consistency. *We always looked forward to Mama's brunswick stew!*  
 6 servings.

Gene Kirk

Salt, pepper, flour, and brown the chicken in oil, approximately 10 minutes. Remove chicken; add onion, garlic, and 1/4 cup wine. Cook until the onion is tender, but not brown. Return the chicken, and add the tomatoes, tomato paste, water, the remaining wine, thyme, bay leaves, salt, pepper, and green pepper. Reduce heat to medium. Simmer for 40 minutes, covered. Add mushrooms, and simmer an additional 15 minutes, or until the mushrooms are tender. Serve hot. Makes 4 to 6 servings.

Doris Wright



*Remember that white meat of poultry has fewer calories, fat, and cholesterol than does the dark meat.*



6 quails

**Flour, salt, and pepper**

**1/4 cup butter**

**1 1/4 cups chicken broth**

**1 teaspoon parsley**

**1/8 teaspoon thyme**

# 1 bay leaf

**1 teaspoon orange rind**

**1 cup halved white grapes**

**6 toast slices**

## MAMA'S WILD DUCK

**2 to 3 ducks (...get Daddy to clean**

**and dress them)**

**15 ounces barbecue sauce of choice**

**2 onions, chopped**

**1 carrot, chopped**

**1 large rutabaga, cut up**

# 1 turkey size cooking bag

**1 tablespoon flour**

Coat each quail in the flour, salt, and pepper. Brown in butter or margarine in a large skillet; remove. Combine chicken broth, parsley, thyme, bay leaf, and pepper to taste; pour into skillet. Cover; simmer sauce 10 minutes; remove bay leaf. Add browned quail and simmer 15 minutes. Add the orange rind and grapes. Simmer about 1 hour, until tender. Place quail on toast, and serve with sauce. Garnish with more grapes and orange sections if desired. This is a forgiving recipe. *After the dish is prepared, the quail may stay in the warm sauce until the guests arrive. Long, slow cooking is the key to this marvelous dish. Makes 6 servings.*

# Macon Snowden

**Flour the cooking bag.** Place the ducks, barbecue sauce, onions, carrot, and rutabaga into the prepared baking bag. Seal, cut slits in bag, and cook in a 350° oven until the ducks are tender (about one hour). *Absolutely delicious.* Serves 6 to 8.

## Harriette Kirk

***After stewing a chicken to use in casseroles, etc., let it cool in the broth before cutting; it will have more flavor and won't dry out!***



1 cup grated Parmesan cheese  
 2 cups soft bread crumbs  
 1/3 cup melted butter OR margarine  
 1/2 cup Dijon mustard, regular OR  
 country-style

6 chicken breast halves, boned and skinned

### PEANUT BUTTER CHICKEN

2 tablespoons + 1 teaspoon peanut oil  
 12 ounces chicken, partially frozen,  
 boned, skinned, and cut into thin strips  
 1 cup minced onion  
 3 garlic cloves, minced  
 1/4 cup + 2 tablespoons chunky  
 peanut butter  
 1/4 cup lemon juice  
 1/4 cup soy sauce  
 1 tablespoon brown sugar, more if desired  
 1 teaspoon sesame oil  
 1/2 to 1 teaspoon hot sauce  
 2 cups tender-crisp steamed broccoli tops

Combine cheese, bread crumbs, and butter. Coat chicken breasts with mustard, then cover with crumb mixture. Place breaded chicken in a 9x13-inch baking pan. Bake at 425° for 15 minutes or until chicken is done. *This is excellent with RICE AND GREEN PEA SIDE DISH (see index).* Makes 6 servings.

Jane Ledbetter

Heat peanut oil in wok or sauté pan until hot. Stir-fry the chicken 1 to 2 minutes until firm to the touch. With slotted spoon, remove chicken and reserve. Add onion to pan, and stir-fry 2 minutes or until onion is transparent. Add garlic, and continue to stir-fry until garlic becomes golden. Remove pan from heat, and stir in remaining ingredients except broccoli. Add chicken to pan, and cook until heated through. Serve on steamed broccoli. Makes 4 servings.

Kryn Krautheim

*About 4 ounces of boneless, skinless, raw chicken will yield about 3 ounces cooked.*

**4 chicken breasts, boned and halved**  
**8 bacon slices**  
**2 packages chipped beef, to cover pan**  
**1/2 pint sour cream**  
**1 can cream of mushroom soup**  
**1/2 cup milk**

### **SKILLET CHICKEN AND ARTICHOKES**

**4 large, boneless chicken breast halves**  
**3/4 teaspoon salt-free herb seasoning**  
**1 tablespoon all-purpose flour**  
**6 ounces marinated artichoke hearts, drained, reserve marinade**  
**1/2 cup water**  
**1/4 cup dry white wine**  
**1 teaspoon chicken bouillon**  
**12 small mushrooms, halved**  
**1 tablespoon chopped fresh parsley**  
**Cooked rice OR noodles**

Wrap each half of chicken in a piece of bacon. Place in baking dish lined with 2 layers of chipped beef. Blend sour cream, soup, and milk; pour over chicken. **DO NOT ADD SALT!** Cook uncovered for 3 hours in 300° oven (optional, 325° for 1 1/2 hours). *May be cooked ahead and reheated when ready to serve.* Serves 8.

Anna Marie Freeman

Sprinkle chicken with herb seasoning. In a medium skillet, heat 3 tablespoons of the reserved marinade. Add chicken, and brown 3 to 4 minutes per side. Drain all but 1 tablespoon of marinade from skillet. Push chicken to one side, and stir in flour. Add water, wine, and bouillon. Stir until mixture boils and sauce is slightly thickened. Stir in the artichokes and mushrooms. Cover; simmer on very low heat, 20 minutes or until the chicken is tender. Sprinkle with parsley. Serve on a bed of rice or noodles. Makes 4 servings.

Jane Ledbetter

*Three and 1/2 pounds of chicken, 6 half chicken breasts, will yield 3 cups of cooked chicken.*

1/2 cup au-purPOSE flour  
 1/4 cup Parmesan cheese  
 Salt, pepper, paprika  
 1 pound turkey cutlets  
 2 tablespoons olive oil  
 2 tablespoons butter  
 1 teaspoon garlic salt  
 1/2 cup Marsala wine  
 2 tablespoons lemon juice

Combine the flour, cheese, salt, pepper, and paprika. Dredge cutlets in the flour mixture. Sauté in oil and butter until golden brown. Remove cutlets, and set aside. Add garlic salt, wine, and lemon juice to pan. Cook; scrape pieces from the bottom until bubbly; return cutlets, and cook for 2 minutes until thoroughly heated. Serves 4.

Sandy Lockwood



FOR MORE POULTRY RECIPES, SEE MAIN DISH CASSEROLES.

### A PRAYER FOR PEELING POTATOES

*I don't peel potatoes as often as my mother did, Lord, but when I do, I'm grateful. I suddenly feel near to you, my creator. And near to the past which produced me, near to all the people from which I came.*

*For hungry though we often were for other things, Lord, you always supplied us bountifully with potatoes. And we never got tired of them--baked, boiled, fried, or eaten raw with salt.*

*What a variety of possibilities you put into this homely food. What beauty you thought to include, what pleasure...The vines with their starry blossoms. And digging for them - as we have to dig for many of life's best things--to find them clinging like small brown gnomes to the parent root, or scattered about like treasures.*

*Potatoes. Dusty, earth-colored potatoes. Humble, plain, yet holding within their white flesh the stuff of life for our survival. The miracle of nourishment.*

*A potato. To feel its weight like a nugget in my hand. To prepare it for its place in my family's meal. This is to see and know absolute beauty for a minute; this is to participate in the very essence of your plan.*

*For as I cook this potato, I too am performing the simple, necessary function you meant for me. I too am a creator.*

Marjorie Holmes



In the early years of Beaufort's history the town was known as "Fish Town," and seafood was a very important part of our diet. As a child of the thirties, I remember listening for Mr. Charlie Garner's cry of, "Fish! Fresh fish!" as he pulled his cart about town filling the orders of the housewives who looked forward to his weekly visits. I can still see the nice, big spots and remember how good they tasted after my grandmother fried them and served them with baked sweet potatoes, cornbread and collard greens. If this menu stirs your appetite and brings back memories for you, read the rest of the delicious seafood recipes we have for you and create a memory for your family.

### **CLAM FRITTERS**

1 egg  
1/2 cup flour  
1 teaspoon baking powder  
1 pint ground clams  
Salt and pepper to taste  
1 cup onions (optional)

*NOTE: If using fresh, unwashed clams do not use extra salt. In mixing bowl, beat egg until light; add flour, baking powder and clams. Mix until smooth. At this point add the onions if you are going to use them. Fry like small pancakes in 1/4 inch hot cooking oil. Drain on paper towels. Makes about 16 fritters.*

Emily Clyde Lewis  
Harriette Kirk

*Frances Baugh adds 1 small can evaporated milk to this recipe if more liquid is needed in the batter.*

### **PROVO QUIDLEYS DEVILED CLAMS**

1 dozen clams  
1 hard cooked egg  
Grated onion to taste  
3 tablespoons bread crumbs  
2 tablespoons mayonnaise

Boil clams 10 minutes; drain. Grind clams, egg and onion. Mix well. Add bread crumbs and mayonnaise. Pack into buttered shells. Put a pat of butter on top of each and sprinkle with additional bread crumbs. Bake in a 350° oven until light brown. *Clam shells are available at most gift shops in Beaufort...or pick up your own at Shackelford Banks. NOTE: Clam shells picked up on Sunday will make you sick...Bob O'Keef (The Rev. Dr. O'Keef, no less!)*

Vivian Huntley

Scrub clams well under running cold water to remove sand. *Some cooks recommend soaking the clams several hours in water to which cornmeal has been added; the clams then spit out the cornmeal and sand.* Put salted, cold water into a large kettle to depth of 1 inch. Add clams. Cover kettle tightly and steam clams 6 to 10 minutes or until shells open. Time the cooking from the moment heavy steam appears. Serve at once. **DISCARD ANY UNOPENED CLAMS.** Pour clam broth into cups. Serve melted butter or margarine in separate cups.

Frances Piver

**Clams**  
**Cornmeal (optional)**  
**Salted water**  
**Margarine**

### **CAJUN MUSHROOMS STUFFED WITH CRAB**

1 cup Minute Rice  
 6 to 8 large blue crab bodies (can be frozen)  
 1 dozen large mushrooms with stems  
 1 dozen green olives with pimento  
 4 to 6 large crab claws (8 to 10 small)  
 1/2 to 3/4 pound margarine  
 Basil, cayenne pepper, salt, black pepper (as needed)  
 Hot sauce (several dashes)  
 Fresh lemon juice  
 Plain bread crumbs

Cook rice and set aside. Remove crab meat from the bodies and reserve. Mix the chopped mushroom stems and chopped olives; add crab claw meat. Heat margarine in skillet and saute the stems, olives and claw meat together. Add cayenne pepper, basil, salt, pepper and hot sauce. Stir into the rice. Place rice and spice mixture in a large oven-proof pyrex dish. Lay mushrooms on top of rice. Mix the reserved crab meat (body) with bread crumbs and stuff into the mushrooms (extra cayenne may be sprinkled on top of mushrooms for a hotter dish). Sprinkle with more bread crumbs and basil. Squeeze lemon juice over all and add black pepper. Heat additional butter in a small skillet and pour over entire dish. Salt to taste. Broil until nicely browned. Remove from broiler and cook in a 375° oven 20 to 30 minutes, or until heated thoroughly. *Fresh asparagus is wonderful with this dish.*

Hugh Blackwell

## **BAKED CRAB CAKES**

1 pound well-cleaned lump crabmeat  
1/4 cup minced onion  
1/4 teaspoon pepper  
1 tablespoon Worcestershire sauce  
2 tablespoons prepared mustard  
3 tablespoons Miracle Whip  
Dash garlic powder  
1/3 cup chopped parsley  
2 eggs, slightly beaten  
10 to 12 Ritz crackers, finely crushed

## **CRAB CAKES**

2 slices bread  
1 pound crabmeat  
1 egg  
1 tablespoon Worcestershire sauce  
3 tablespoons mayonnaise  
1/4 cup chopped onion (optional)  
2 teaspoons Old Bay seasoning

Blend crabmeat with onion, pepper, Worcestershire sauce, mustard, salad dressing, garlic and parsley carefully to preserve texture of the crab. Fold in beaten eggs and cracker crumbs. Shape into patties and place on waxed paper; press lightly to flatten, then refrigerate until set, about 2 hours. Place on baking sheet and bake at 350° for 20 minutes. Makes 4 to 6 servings.

Emily Clyde Lewis  
Harriette Kirk

Crumble the slices of bread. Combine all the ingredients together and mix well. Form into patties. Cook in oil on medium heat until nicely browned on both sides.

Marie Edwards  
Bobbie Midgette  
Barbara Paerl

## **When serving shell fish, you will need per person:**

6 oysters OR clams in the shell OR 1/2 cup each if shucked  
1 lobster OR one 8-ounce tail  
4 ounces shucked scallops  
6 ounces green (raw) shrimp in the shell OR 4 ounces peeled  
1 pound live blue crabs OR 4 ounces crabmeat



1 pound back-fin crabmeat  
 1 cup Italian bread crumbs  
 1 large egg  
 1/4 cup mayonnaise  
 1 teaspoon Worcestershire sauce  
 Salt and pepper  
 1 teaspoon dry mustard  
 Oil for frying

### CRABMEAT IN PATTY SHELLS

1 pound crabmeat, fresh, frozen OR  
 2 6-ounce cans crabmeat  
 6 frozen patty shells  
 1/4 cup margarine or oil  
 3/4 cup thinly sliced celery  
 2 cups sliced fresh mushrooms  
 1/4 cup sliced green onions  
 2 tablespoons chopped green pepper  
 2 cans cream of shrimp soup  
 3/4 cup half-and-half  
 2 tablespoons diced pimento

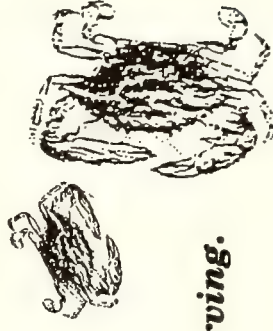
Mix crabmeat, bread crumbs, egg, mayonnaise and seasonings. Mix gently but thoroughly. Shape into 6 cakes. Cook cakes in frying pan with just enough oil to prevent sticking. Cook until browned, about 5 minutes per side. Makes 6 cakes.

Karen Riemer

*Mary Murphy adds chopped green pepper and 1 more egg to this recipe.*

Thaw crabmeat if frozen; drain well. Remove any remaining shell or cartilage. Bake patty shells as directed on package. Heat margarine or oil in saucepan; add celery and cook over low heat until celery is tender. Add mushrooms, green onion, and green pepper; cook until mushrooms are tender. Stir in soup, half-and-half, and crabmeat; heat, stirring often. Fold in pimento. Serve in hot patty shells. Makes 6 servings.

Frances Piver



*4 to 8 ounces of fish steaks or fillets are needed for each serving.  
 Dressed fish (with bone in) should weigh between  
 8 and 12 ounces per serving before cooking.*

**1** teaspoon all-purpose flour  
**1/2** cup milk  
**1** teaspoon minced onion  
**1 1/2** teaspoons Worcestershire sauce  
**2** slices white bread, crumbed  
**1/2** cup mayonnaise  
**1** tablespoon lemon juice  
**1/2** teaspoon salt  
**1/4** teaspoon pepper  
**1/2** teaspoon garlic salt/powder  
**1** pound crabmeat  
 Paprika

## CRAB IMPERIAL II

**1** pound back-fin crabmeat  
**3/4** cup Miracle Whip  
**1** tablespoon Dijon mustard  
 Cayenne to taste  
**2** hard-cooked eggs, minced  
 Salt and white pepper  
**1/2** teaspoon Worcestershire sauce  
**1** tablespoon lemon juice  
**1** pound stuffing mix crumbs  
**1** stick of margarine

mixing in flour. Slowly stir in milk; cook until thickened. Mix in onions, Worcestershire sauce and bread crumbs. Cool. Fold in mayonnaise, lemon juice, salts and pepper. Melt 2 tablespoons margarine, add crabmeat. Toss lightly and combine with sauce. Put in individual shells OR greased 1 quart casserole. Lightly sprinkle paprika on top. Bake at 450° until lightly browned on top (10 to 15 minutes.) Makes 4 servings.

Clifton Lynch

*Karen Rienner adds 1 tablespoon sherry with the lemon juice.*

Mix together all the ingredients except the pound of stuffing crumbs and the 1 stick of margarine. Pour into a lightly greased 1 1/2-quart casserole. Mix together the crumbs and stick of margarine. Sprinkle as much as needed to cover the top of the casserole with crumbs. Freeze the rest for future use. Bake at 350° about 20 to 25 minutes, or until slightly brown. **DO NOT OVERCOOK.**

Rosalie "Kate" Salter

*Spread Dijon mustard on fish and sprinkle with your favorite herbs before baking.*

**1/2 pound fresh crabmeat**  
**2 tablespoons butter**  
**2 tablespoons all-purpose flour**  
**1 cup hot milk**  
**3 eggs, separated**  
**1/2 cup mayonnaise**  
**1/2 teaspoon salt**  
**1/8 teaspoon pepper**  
**1 teaspoon paprika**  
**1/2 cup shredded cheese, your choice**

### **CRAB AND SHRIMP AU GRATIN**

**4 tablespoons all-purpose flour**  
**1/3 teaspoon salt**  
**1/3 teaspoon pepper**  
**2 cups milk, divided**  
**1/3 cup pasteurized process cheese spread**  
**1/8 teaspoon hot sauce**  
**8 ounces cooked shrimp**  
**1/2 cup canned, picked crabmeat**  
**1 cup shredded Cheddar cheese**  
**Cooked rice**

Remove and discard cartilage from crabmeat; set aside. Melt butter in a heavy saucepan over low heat. Blend in flour and cook one minute. Gradually add milk. Cook over medium heat, stirring constantly until thickened. Let cool. Lightly beat egg yolks; stir into sauce. Fold in mayonnaise. Add crabmeat, salt and pepper; stir lightly. Beat egg whites until stiff and fold into crabmeat mixture. Spoon into a greased 1 1/2 quart casserole. Sprinkle with paprika. Top with cheese about 3 minutes before taking from the oven. Bake at 400° for 25 to 30 minutes. Makes 4 to 5 servings.

Anne Brown

Combine flour, salt, pepper and 1 cup milk; stir until mixture is smooth. Combine cheese spread and remaining milk in top of double boiler; cook over hot water until cheese has melted. Add flour mixture and hot sauce to cheese mixture; stir until smooth and thickened. Add shrimp and crabmeat. Pour into a greased 1 1/2 quart casserole dish and top with shredded cheese. Bake at 350° for 20 minutes. Serve over cooked rice. Makes 4 servings.

Frances Piver

*Did you realize you can substitute your favorite fish for other types of seafood in most every recipe?*



4 baking potatoes  
 1/2 cup margarine  
 1/2 cup milk  
 1 teaspoon salt  
 1/4 teaspoon pepper  
 4 teaspoons grated onion  
 1 cup grated sharp Cheddar cheese  
 1/2 cup Swiss cheese  
 8 ounces crabmeat  
 Paprika  
 Parsley

# CREAM CRABMEAT

15 ounces cream cheese with chives OR  
 16 ounces cream cheese and add chives  
 1 stick butter  
 1 pound crabmeat  
 4 ounces sliced mushrooms  
 1/4 teaspoon Tabasco sauce  
 1/4 teaspoon Worcestershire sauce  
 1/4 teaspoon Accent  
 Milk, as needed

Scrub potatoes and bake at 450° until easily pierced. Cut in half and scoop out insides. Mash potato with margarine, milk, salt, pepper and onion. Mix in half the Cheddar cheese and all the Swiss cheese. Fold in crabmeat. Refill shells, sprinkle with remaining cheese, the paprika and parsley. Reheat at 400° for 15 minutes.  
*NOTE: This recipe was the prize winning dish in the 1984 Carteret County Cooking Contest!!!*

Nancy Stephenson

Melt cheese and butter over low heat. Add crabmeat and the remaining ingredients. May be thinned with milk if too thick. Serve in a chafing dish with Melba toast. *This can be used at a party or as a main dish.*

Lib Cheek



Remove any shell or cartilage from crabmeat. Cook onion in butter until tender. Blend in flour. Add milk gradually and cook until thick, stirring constantly. Add seasonings and lemon juice. Stir in a little of the hot sauce into egg to heat it so it won't curdle when added to the sauce; add to remaining sauce, stirring constantly. Add parsley and crabmeat. Place in 6 well-greased, individual crab or clam shells or 5-ounce custard cups. Combine remaining butter and crumbs; sprinkle over top of each shell. Bake in a moderate oven, 350°, for 15 to 20 minutes or until brown. Makes 6 servings.

Frances Piver

*Pat Humphrey adds 1/2 teaspoon sage.*

- 1 pound crabmeat
- 2 tablespoons chopped onion
- 3 tablespoons butter, melted
- 2 tablespoons all-purpose flour
- 3/4 cup milk
- 1 teaspoon Worcestershire sauce
- Dash cayenne pepper
- 1/2 teaspoon salt
- Dash black pepper
- 1/2 teaspoon dry mustard
- 1 tablespoon lemon juice
- 1 egg, beaten
- 1 tablespoon chopped parsley
- 1 tablespoon butter, melted
- 1/4 cup dry bread crumbs

## DEVILED CRAB II

- 4 teaspoons melted butter
- 2 teaspoons all-purpose flour
- 1 cup milk
- 1 pound crabmeat
- 1 teaspoon salt
- 1 teaspoon chopped parsley
- 2 teaspoons lemon juice
- 1 teaspoon prepared mustard
- 1 teaspoon horseradish
- 2 hard-cooked eggs
- Bread crumbs to sprinkle

Make a cream sauce of butter, flour and milk. Mix in all other ingredients. Put into individual casserole dishes. Sprinkle with crumbs and dot with butter. Bake 10 minutes at 400°. You may use more lemon juice to taste.

Lib Cheek

*Barbara Paerl adds 1 egg to the cream sauce and stirs in 1 cup cracker crumbs before filling individual crab shells. She replaces the horseradish with 2 tablespoons Worcestershire sauce.*

**MAMA'S DEVILED CRAB**  
 1 pound crabmeat  
 1 medium onion, chopped  
 Heavy dash of salt  
 Pepper to taste  
 1 medium bell pepper, chopped  
 1/4 cup mayonnaise  
 1/3 stick softened margarine  
 1/3 cup stuffing mix  
 1/4 cup diced celery  
 1 1/2 tablespoons catsup  
 3/4 to 1 cup milk

### **LIGHT WEIGHT DEVILED CRABS**

1 pound lump crabmeat  
 1 1/2 cups cracker crumbs  
 3/4 cup chopped onions  
 3/4 cup finely chopped celery  
 1/4 cup chopped fresh broccoli  
 2 tablespoons chopped green OR  
 red pepper  
 1/4 teaspoon hot pepper  
 2 teaspoons Worcestershire sauce  
 1/2 cup fat-free mayonnaise  
 1 tablespoon reduced-calorie margarine  
 Lemon slices for garnish

Mix all together and stuff into cleaned, oiled clam shells. Bake at 400° about 30 minutes or put in zip lock bags and freeze until needed. These can be cooked in individual custard cups if clam shells are not available.

Harriette Kirk

Gently mix the ingredients (except margarine) in a large bowl. Divide the mixture into six individual custard cups or cleaned crab shells. Top each with a little margarine and bake for 30 minutes in a 350° oven until the tops are a golden brown. Garnish with lemon slices. *This lighter version of deviled crabs allows more of the crab flavor to shine through. If you don't tell, no one will ever know these crab cakes have a lot fewer calories and fat! Shhhhhhh!*



2 small onions chopped fine

2 tablespoons butter

2 cups back-fin crabmeat

2 tablespoons flour

4 cups milk, heated

1 cup grated cooked corn

1 cup cooked baby limas

1 teaspoon Worcestershire sauce

Salt and pepper to taste

Crab roe OR hard-cooked egg yolks (2 to 3)

1 cup heavy cream

4 tablespoons sherry

### STEAMED BLUE CRABS

1/2 cup seafood seasoning

1/2 cup salt

3 cups white vinegar

3 cups beer OR water

3 dozen live and lively blue crabs

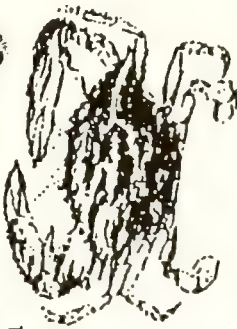


### CHARCOAL MULLETS

1 1/2 mullets per person

Lemon juice

Barbecue sauce



Simmer onions in butter lightly; add crabmeat and heat. Add flour and follow with HOT milk; stir slowly and let simmer about 10 minutes. Add corn, beans, seasonings and yolks. Add the cream and sherry last. Be sure the stew is hot but do not allow the stew to boil after the cream and sherry have been added.

Emily Clyde Lewis

Mix seasonings, vinegar, and beer or water. Put one half of crabs in a large pot with a rack and tight lid. Pour one half of the seasoning mixture over crabs. Add rest of crabs and remaining liquid. Steam, covered, until crabs turn bright red, about 20 to 30 minutes. Serve hot or cold. *NOTE: UNDER NO CIRCUMSTANCES should live and steamed crabs come in contact with each other.*

Frances Piver

Split and clean mullets. DO NOT SCALE. Brush the meat with lemon juice and barbecue sauce. Place the fish on a charcoal grill (skin side down) over gray ash coals. Cook until the meat of the fish is white. *Serve this with slaw and corn bread!! (See index.)*

Jane Cantrell

**BAKED FISH**  
2 to 3 pounds fish (any type)

Salt

Pepper

1 stick butter

Lemon juice

Dry white wine

Paprika

Parmesan cheese



### **FISH MULLIGAN STEW**

1 onion, chopped

2 tablespoons oil

2 large potatoes, chopped

2 to 3 cups water

1 small can tomatoes

2 cups cooked, flaked fish

1 can celery soup

Salt and pepper

### **FRIED FISH**

1 to 2 cleaned, fresh fish per person

Salt

Cornmeal

Oil for frying

Fillet fish and salt and pepper them. Put butter in a shallow baking dish. Heat in a hot oven, 400 to 500°, until butter is browned. Place fish, flesh side down, in butter and return to oven for 10 to 15 minutes. Turn carefully with a spatula and baste with juices. Sprinkle each piece with lemon juice and 1 tablespoon wine, cheese and paprika. Return to oven until done, about 5 minutes. Then run under broiler until golden. Baste with sauce. *DELICIOUS!!*

Phyllis O'Keef

Sauté the onion in the oil. Pour the onion/oil into a large saucepan with a lid. Add the potatoes, water and tomatoes. (The amount of water added depends on how thick you want the stew.) Cover and cook over medium heat about 20 minutes, or until the potatoes are done. Add flaked fish, celery soup and salt and pepper to taste. Reduce heat and cook slowly until the stew thickens to the desired consistency.

Neva Bridges

Sprinkle fish (both inside and out) with salt; set aside. Allow the salt time to "strike" the fish...at LEAST one hour. Dredge the fish in cornmeal, shaking off the excess- and put in hot oil. The oil is hot enough when 1 drop of water in the oil sizzles. Fry the fish in the hot oil until it is nicely browned on both sides. Frying fish does NOT take a lot of time. For best results, fry quickly in hot oil!

Elizabeth Murphy

**3 pounds large fish (drum, sheephead, e.g.)**

**1 to 2 eggs**

**1/2 cup chopped onion**

**2 tablespoons all-purpose flour,**

**more or less**

**Salt and pepper to taste**

**Boiled potatoes to extend (optional)**

Boil the fish until done; skin and debone. Blend the meat of the fish with the egg, onions and flour. *You want the mixture to hold together...that's why you might use 1 egg and more flour..it depends on how moist or dry you want it to be. Make into patties and fry in oil until brown. You can also add boiled potatoes to make the fish go farther. This is a forgiving recipe. You can add more or less of everything and still have good results.*

Jane Cantrell

### **SALMON LOAVES WITH MUSHROOM SAUCE**

**4 tablespoons chopped onion**

**1/4 cup margarine, melted**

**1-pound can salmon**

**1/2 to 3/4 cup milk**

**2 cups fine dry bread crumbs**

**3 eggs, lightly beaten**

**1/4 teaspoon poultry seasoning**

**1/4 cup minced parsley**

**1/4 teaspoon salt**

**Dash nutmeg**

**SAUCE:**

**1/2 cup milk**

**1 can cream of mushroom soup**

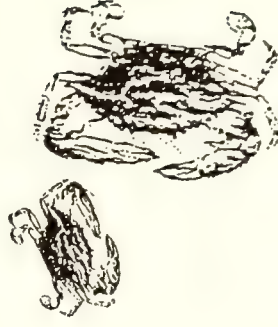
**1 tablespoon lemon juice**

**1/2 teaspoon paprika**

**4 stuffed olives, sliced**

Sauté onion in butter. Set aside. Drain salmon, pouring liquid into measuring cup. Add enough milk to make 1/2 cup. Mix together onion, salmon, liquid, bread crumbs, eggs, poultry seasoning, parsley, salt and nutmeg. Shape into 4 mounds and place in medium shallow baking dish. Mix together 1/2 cup milk, soup, lemon juice and paprika. Pour around salmon. Top each mound with 3 olive slices. Bake uncovered at 350° for 30 minutes. Makes 4 servings.

Kathryn Lockwood





1 7-ounce can tuna  
 1/2 cup chopped parsley  
 1/2 cup fine bread crumbs  
 1/3 cup mayonnaise  
 1/4 cup chopped onion  
 1 egg, slightly beaten  
 2 tablespoons chili sauce  
 2 tablespoons margarine  
 English muffins

### BAKED FLOUNDER

4 medium potatoes, sliced  
 1 large onion, sliced  
 1 flounder, 2 pounds after cleaning  
 Salt and pepper to taste  
 5-6 slices bacon  
 Water to cover (2 cups)

Mix the above ingredients together and form into 4 patties. Brown the patties in a skillet over medium heat in 2 tablespoons of margarine about 5 minutes on each side. Serve on toasted English muffins. *Thomas' muffins are best.*

Anne Brown

On the bottom of a large baking pan, layer the sliced onions and potatoes. Lay the flounder on top of the vegetables. Sprinkle salt and pepper over all. Lay the bacon strips over the flounder and add enough water to just cover the flounder and vegetables. Bake at 350° until the potatoes and onions are soft and the bacon is brown. *Fantastic eating!!! Makes 4 servings.*

Elizabeth Murphy

*Doris Farlow bakes the flounder at 300° for 1 hour and then reduces the heat to 150° for an additional hour.*

*Bellzora Chadwick's recipe calls for 16 ounces chopped canned tomatoes poured over fish and vegetables. She also parboils vegetables before placing them in the baking dish.*

*A terrific topping for baked and broiled seafood is sauteed mushrooms with green peppers and onions.*

## Water

1 dressed flounder (3 to 5 pounds)

Slices of bacon OR salt pork

Sliced white potatoes

Sliced sweet potatoes

Sliced onions

Salt and pepper to taste

George Lewis

## BAKED FLOUNDER AND SHRIMP

3 to 7 pounds flounder

Salt pork

2 to 4 pounds white potatoes

1 large onion

Salt and pepper

2 cups water, divided

1/4 cup cornmeal

1 cup water

2 to 3 pounds shrimp, cleaned

Clean, score and salt fish. Place (black skin up) in a 10x12-inch baking dish. In a medium pot, fry salt pork on medium until crisp. Add cut up potatoes and onions, salt, pepper and 1 cup water; cook approximately 15 minutes or until potatoes are just tender (may need to add more water). Add 1/4 cup cornmeal to 1 cup water, stirring until well mixed. Add this to the potatoes and onions. Stir and gently cook until you have a gravy consistency. Pour over fish, add shrimp and bake at 350° until flounder flakes when tested. *Serve this with freshly baked corn bread (see index).*

Frances Baugh

*Try marinating seafood in soy sauce with garlic and ginger for an oriental flavor.*

1 1/2 cup chopped celery  
 1/2 cup chopped green onions (tops too)  
 1 clove garlic, minced  
 1 to 1 1/2 cups moistened bread crumbs  
 1/2 pound boiled shrimp, chopped  
 1/2 pound crabmeat  
 1 egg, lightly beaten  
 2 tablespoons chopped parsley  
 1 stick butter  
 Salt, cayenne and black pepper  
 4 medium flounders

### **CRAB-STUFFED BAKED FLOUNDER.**

3-ounce can mushrooms (reserve liquid)  
 1/4 cup chopped onion  
 1/4 cup butter  
 7.5-ounce can crabmeat  
 1/2 cup saltine cracker crumbs  
 1/2 teaspoon salt  
 Dash of pepper  
 2 pounds flounder fillets (8 pieces)  
 3 tablespoons butter  
 3 tablespoons all-purpose flour  
 1/4 teaspoon salt  
 1/2 cup dry white wine  
 Milk  
 1 cup shredded Swiss cheese



Sauté celery, onion and garlic in 1/2 stick butter over low heat. Add bread, shrimp, crabmeat, parsley and egg; mix well. Season with spices. Split thick side of flounder, lengthwise and crosswise, and loosen meat from bone of fish to form a pocket for stuffing. Brush well with 1/2 stick melted butter; salt and pepper stuff pocket. Melt remaining 1/2 stick butter in a shallow baking pan. Place fish in pan; do not overlap. Cover and bake in 375° oven for 25 minutes, or until fish flakes very easily with a fork. Remove cover; bake another 5 minutes. Makes 4 servings.

Phyllis O'Keef

Drain mushrooms and reserve liquid; set aside. In a skillet cook onions in 1/4 cup butter until tender, but NOT brown. Add mushrooms with crab, crumbs, 1/2 teaspoon salt, dash of pepper; spread over flounder fillets. Roll the fillets and place seam side down in a 7.5x12-inch baking pan. In a saucepan, melt 3 tablespoons butter and blend in flour, 1/4 teaspoon salt; add wine and enough milk to the mushroom liquid to make 1 1/2 cups. Add the liquid and wine to the saucepan. Cook and stir until thickened and bubbly. Pour over the fillets. Bake at 400° for 25 minutes. Sprinkle with cheese and bake an additional 10 minutes. Makes 8 servings.

Frances Baugh



Melt butter. Add oysters and liquid from them. Simmer until the edges curl. Add potatoes, eggs and seasonings. Transfer to an oven-proof casserole dish and pour in enough milk to cover the ingredients.

Combine ingredients; roll out 1/2-inch thick. Place on top of the oyster pie and prick generously with a fork. Bake about 25 minutes at 400°.

Emily Clyde Lewis

## **PAN FRIED OYSTERS**

12 to 18 large oysters  
1 cup all-purpose flour  
1 teaspoon Old Bay seasoning  
2 eggs  
1 tablespoon milk  
3 cups saltine cracker crumbs  
1 stick butter  
3 tablespoons oil



Lay oysters on paper towels to absorb any moisture. Put flour and Old Bay seasoning in shallow pan. Whisk eggs and milk in another shallow pan, place cracker crumbs in a third pan. Dust each oyster with flour, then dip in egg mixture, dip in cracker crumbs. Lay coated oysters on paper towel lined cookie sheet and refrigerate 1 hour to set crumbs. **DO NOT SKIP THIS STEP.** Heat butter and oil in a cast iron skillet. Saute oysters over medium heat until golden brown. Drain on paper towels.

Karen Riemer

*For a fast and easy sauce for fish, melt 3 tablespoons margarine and stir in 1 tablespoon lemon juice and as much pepper as you like. Adding your favorite herbs adds wonderful flavor in this simple sauce.*

**1 pint shucked oysters**  
**46 saltine crackers, coarsely crushed**  
**1/2 cup butter, melted**  
**Pepper**  
**3/4 cup light cream**  
**1/2 teaspoon salt**  
**1/4 teaspoon Worcestershire sauce**

### **SKILLET FRIED OYSTERS**

**3 tablespoons butter**  
**3 tablespoons shortening**  
**2 dozen large oysters, drained**  
**Finely crushed dry crumbs OR cornmeal**  
**3/4 to 1 teaspoon salt**  
**1/4 teaspoon pepper**  
**Parsley, paprika OR lemon wedges**

### **SCALLOPS**

**Salt and pepper**  
**1 quart scallops**  
**1/2 stick butter**  
**Flour to sprinkle**  
**Paprika to sprinkle**

Drain oysters and reserve 1/4 cup liquid. Combine crumbs and butter. Spread 1/3 of the crumbs in an 8-inch round pan. Cover with half the oysters. Sprinkle with pepper. Using another 1/3 the crumbs, spread a second layer, cover with remaining oysters. Sprinkle with pepper. Combine cream, reserved oyster liquid, salt and Worcestershire sauce. Pour over oysters. Top with remaining crumbs. Bake at 350° about 40 minutes.

Frances Baugh

Melt butter and shortening in a skillet. Roll oysters in cracker crumbs; saute in skillet until golden brown on both sides, turning once. Sprinkle with seasonings as desired. Serve as is or on toast. Garnish with parsley, paprika or lemon wedges. Makes 4 servings.

Carole Williford

Salt and pepper the scallops. Place the scallops **one at a time** into a pan until the bottom of the pan is covered. Place slices of butter all around the scallops. Sprinkle with flour and then with paprika. Place under the broiler; when lightly browned, gently turn the scallops over (using a spatula). Again sprinkle with flour and paprika. Return to the broiler and remove when nicely browned.

George Lewis

1 peck oysters  
1 quart water  
1 large bowl  
1 large pot  
Vinegar OR catsup

Scrub the oysters in water to remove the dirt. If any of the oysters are open, DISCARD. Place the oysters in the large bowl and set the bowl over a large pot which contains the 1 quart of water. Cover the oysters with a wet towel and steam until the oysters open. **NOTE: Keep a close eye on the oysters. As soon as the first oyster opens its mouth, remove that oyster from the steamer. When this oyster's shell has dried (outside the steamer), turn off the heat and the oysters are ready to eat. IF ANY OF THE OYSTERS HAVE NOT OPENED THEIR SHELLS, DISCARD THOSE OYSTERS!!! To serve: Shuck the oysters, dip in vinegar and/or catsup and eat with crackers, cold biscuits or cornmeal flapjacks. If you have a steamer, follow the directions given.**

Jane Cantrell

## CHILI SCALLOPS

3 tablespoons chili sauce  
2 teaspoons soy sauce  
1 tablespoon chicken broth  
2 teaspoons honey  
1/2 teaspoon ginger  
1/4 teaspoon crushed red pepper  
2 teaspoons peanut oil  
4 green onions, cut in 2-inch pieces  
4 garlic cloves  
1 1/4 pound bay scallops  
8 ounces linguine, cooked

Mix the sauces, broth, honey, ginger and red pepper together and set aside. Heat the oil in a non-stick skillet over medium heat. Add onions and garlic; cook until tender, but not brown. Transfer the onions to a bowl and discard the garlic. Add scallops to the pan and cook, stirring for 2 minutes. Add the sauce mixture and cook until the scallops are opaque. Remove and toss the scallops with the onions. Serve over the linguine. Serves 4.

Neva Barnhardt



- 3 tablespoons butter
- 1 1/2 tablespoons lemon juice
- 1/2 cup white wine
- 1/8 teaspoon thyme
- 1 bay leaf
- 1/4 teaspoon salt
- Dash of pepper
- 1/2 pound scallops
- 1 tablespoon all-purpose flour
- 1/2 cup heavy cream
- 1 cup buttered crumbs

### **SCALLOPS WITH MUSHROOMS IN SHELLS**

- 1/2 cup butter, room temperature
- 1 cup thinly sliced mushrooms
- 3 tablespoons finely chopped shallots
- 1 tablespoon finely chopped garlic
- 1/2 cup soft bread crumbs
- 1/2 cup chopped parsley
- Salt and pepper
- 1 pound fresh bay scallops

Saute mushrooms in 2 tablespoons butter and the lemon juice until tender. Combine the wine, seasonings and scallops in a saucepan and simmer for 5 minutes. Melt the remaining butter in a saucepan and stir in the flour; cook, stirring for 2 minutes. Remove from heat and add the cream. While stirring, bring the sauce quickly to a boil, then remove from heat. Add the mushrooms, scallops and sauce. Turn into individual casseroles. Sprinkle with the crumbs. Bake at 400° for about 10 minutes or until browned. This can be cooked in a greased 2 quart casserole. Bake until bubbly and browned. *I prefer bay scallops for everything!* 4 servings.

Fran Krauthelm

Preheat the oven to 450°. Melt 1/4 cup of the butter in a small skillet and add the mushrooms. Cook, stirring often, until the mushrooms are wilted and give up their liquid. Add the shallots and garlic and cook briefly. Spoon the mushroom mixture into a mixing bowl. Let cool briefly, then add 2 tablespoons of the remaining butter, the scallops, bread crumbs, parsley and salt and pepper to taste. Blend well. Use the mixture to fill 6 seafood shells (or individual 5-ounce custard cups). Arrange the filled shells on a baking dish or cookie sheet. Melt remaining butter and pour over the mixture in the shells. Place in the oven and bake 10 minutes. Run the scallops under the broiler until nicely browned on top, about 1 minute. Makes 6 servings.

Macon Snowden

**3 tablespoons butter OR oil**  
**1 tablespoon finely chopped green onion**  
**1/2 teaspoon pressed garlic**  
**1 tablespoon chopped fresh parsley**  
**1 1/2 teaspoons savory**  
**1/2 tablespoon fresh lemon juice**  
**1/4 cup toasted bread crumbs**  
**1 tablespoon Parmesan cheese**  
**1 pound cooked shrimp, peeled**  
**2 tablespoons dry white wine**



### **SHRIMP CREOLE**

**1/4 cup chopped onion**  
**1/4 cup chopped bell pepper**  
**1/4 cup chopped celery**  
**1 tablespoon margarine**  
**15 ounces tomato sauce**  
**1 tablespoon Old Bay seasoning**  
**1 pound boiled shrimp**  
**2 cups cooked rice**  
**Salt and pepper to taste**

*For a change of pace sauce for fish, add one 8-ounce can crushed and drained pineapple to a 10 ounce jar of sweet and sour sauce. Heat slowly. Green onions and peppers are good in this sauce, too.*

**Heat oil in small saucepan over medium heat. Sauté onion and garlic until tender. Add seasonings, lemon juice, crumbs and cheese. Arrange shrimp in lightly greased medium baking dish or individual casseroles. Sprinkle crumb mixture over top. Pour wine over. Bake at 350° until heated and lightly browned, about 10 to 15 minutes. Makes 4 servings.**

**Jane Ledbetter**

**In a saucepan, sauté vegetables in 1 tablespoon margarine for 3 to 5 minutes. Add tomato sauce, Old Bay seasoning and shrimp; simmer 15 to 25 minutes. Serve over hot rice or mix the rice into the sauce in the saucepan before serving.**

**Marie Edwards**

*Pat Humphrey uses canned tomatoes instead of the sauce and she seasons with 1 bay leaf, 1/4 teaspoon Worcestershire sauce and 1 teaspoon sugar. In addition to using canned tomatoes, Minnie McIntyre seasons with 1/2 teaspoon chili, 1/2 teaspoon basil and 1 clove crushed garlic in place of the Old Bay seasoning.*



**1/8 to 1/4 pound salt pork**  
**1 cup chopped onions**  
**1 pound cleaned, deveined raw shrimp**  
**12-ounce can tomato paste**  
**12-ounces tomato sauce**  
**1 cup water**  
**Salt and pepper to taste**  
**4 to 6 cups cooked rice**

### **GRITS AND SHRIMP**

**3 1/2 cups water**  
**1 cup grits**  
**4 tablespoons butter OR margarine**  
**1/2 teaspoon salt**  
**1/4 teaspoon black pepper**  
**1 pound small shrimp, peeled and deveined**  
**1 clove garlic, crushed**  
**1 tablespoon chopped green onions**

Fry the amount of salt pork you wish to use until it is crisp. Remove the pork and sauté onions in the grease. Add the cleaned shrimp and simmer about 5 minutes. Add the tomato paste, sauce, water, salt and pepper. Simmer gently to blend flavors. Add the rice; mix well and heat until piping hot. *Serve this with slaw and corn bread!! Check the index for slaw and corn bread recipes!* Makes about 10 servings.

Jane Cantrell

In a 2-quart saucepan over medium heat, bring water to a boil. Stir in grits; reduce heat to low. Simmer, uncovered, 15 to 20 minutes or until the grits are thick and creamy. Be sure to stir occasionally so the grits do not stick. Remove from the heat; stir in salt, pepper and two tablespoons butter until butter is melted. Keep the grits warm, covered. Heat the remaining butter in a large skillet over medium heat; add shrimp and garlic; cook 3 minutes, stirring often, until the shrimp are just pink and cooked through. Serve grits spooned onto individual plates topped with shrimp and sprinkled with chopped onions. Makes 4 servings.

Kathy Krauthheim

*Combine 1 cup mayonnaise, 1/4 cup lemon juice and 3 tablespoons chopped fresh chives, dill OR fennel for a delicious sauce with fish.*



**1 pound lump crabmeat**  
**1 pound boiled shrimp**  
**3 tablespoons butter**  
**2 teaspoons sherry**  
**3 ounces sharp American cheese**  
**3 cups medium cream sauce (see index)**  
**Salt and pepper to taste**  
**1/2 cup cracker crumbs**  
**1/2 cup Romano cheese**  
**1 teaspoon paprika**  
**Butter**

Sauté shrimp and crabmeat in butter; add sherry slowly, then add cheese and the heated medium cream sauce. Season. Cook gently and slowly until hot. Pour into a greased 1 1/2-quart casserole. Sprinkle top with crumbs, Romano cheese and paprika. Dot with butter and bake at 350° until golden brown.

Clifton Lynch

### **SHRIMP DELIGHT**

**1 cup diced onions**  
**2 tablespoons butter**  
**1/3 cup diced green pepper**  
**2 tablespoons all-purpose flour**  
**1 1/2 cups tomato juice**  
**1 1/3 cup shredded cheese**  
**1 teaspoon salt**  
**1/2 teaspoon Worcestershire sauce**  
**Dash hot sauce**  
**1 1/3 cups cooked rice**  
**2 pounds cooked shrimp**

Sauté onion and pepper in the melted butter. Remove from heat and add flour, stirring until smooth. Return to the heat and add juice and cheese, keeping as smooth as possible. Pour into a lightly greased 1 1/2-quart casserole and add the rice and shrimp. Bake 25 to 30 minutes at 375°. *NOTE: This dish can be made ahead of time, refrigerated and cooked later.* Makes 6 to 8 servings.

Jean Chappell

*Pour salsa over fish before placing it in the oven to bake.*

1 can button mushrooms  
1 jar pimento, cut in strips  
1/2 pound Velveeta cheese  
1 tablespoon cooking sherry  
Salt and pepper to taste

Make a medium (see index) cream sauce and add the remaining ingredients. Warm gently. *This may be kept warm in a chafing dish to use as an appetizer with vegetables or crackers, OR served over toast points, rice, baked potatoes, etc. as a main dish.*

Lib Cheek

# SHRIMP SCAMPI

1 1/2 cups chopped onion  
1/2 cup butter OR margarine  
3 pounds shrimp  
1/2 cup olive oil  
4 teaspoons dried parsley OR  
1/2 cup fresh parsley  
3 to 4 garlic cloves OR 1/2 teaspoon  
garlic powder  
2 tablespoons lemon juice  
1 1/2 teaspoons salt  
3/4 teaspoon pepper

Sauté onion in butter. Pour all into a bowl and add shrimp and other ingredients. Toss well. Arrange in a single layer in baking pan large enough to hold all the ingredients. Broil 3 to 5 minutes six inches from heat. Turn shrimp. Broil 3 to 5 minutes longer. 6 servings.

Carol Willis

Frances Lupton exchanges basil for the pepper and serves over rice.

*1 cup cooked shrimp equals 5 ounces of canned shrimp, 1/2 pound frozen shelled shrimp, or 3/4 pound raw shrimp in the shell.  
When purchasing raw shrimp in the shell with 21-25 count per pound, buy 1/3 pound per person.*

**1/2 cup all-purpose flour**  
**4 tablespoons bacon grease**  
**1/2 cup chopped onions**  
**1/4 cup chopped green pepper**  
**2 cups water**  
**2 cups cleaned fresh shrimp**  
**1/2 teaspoon salt**  
**Hot sauce to taste**  
**3 cups cooked rice**

Brown the flour in bacon grease in a saucepan, stirring constantly, until dark brown. Be careful not to burn. Add onions and pepper; cook, stirring until onions are tender. Add the water, shrimp, salt and hot sauce. Simmer 20 to 30 minutes. Serve over rice. Serves 4.

Fran Krautheim



### **SHRIMP STROGANOFF**

**2 pounds shrimp**  
**8 tablespoons butter, melted, divided**  
**1 1/2 cups fresh mushrooms**  
**4 tablespoons chopped onion**  
**2 cloves garlic, crushed**  
**3 tablespoons all-purpose flour**  
**1/2 cup chicken consomme**  
**1/2 cup white wine OR sherry**  
**1/2 cup milk**  
**1 teaspoon catsup**  
**1/2 teaspoon Worcestershire sauce**  
**1 cup sour cream**  
**1 tablespoon dill weed**

Cook shrimp in 1/2 the butter for 5 to 7 minutes (use more butter if desired). Remove from heat and keep warm. Sauté mushrooms in remaining butter. Add onions, garlic and stir until tender. Add flour, consomme (*broth can be used in a pinch*), milk, 1/2 cup wine, or to taste (*Dotty prefers sherry*). Cook gently until thickened. Add catsup and Worcestershire sauce. Remove from heat and blend in sour cream and dill. Season to taste. Add shrimp to mixture and serve over rice. Makes 4 to 6 servings.

Dottie Lynch

*Put 2 tablespoons of oil in the water when boiling shrimp so the shells will slip off more easily.*



**STEWED SHRIMP**  
1/2 cup all-purpose flour

1 egg

2 pounds cleaned, deveined raw shrimp

A little more flour

Salt and pepper to taste

Mix the 1/2 cup flour and egg; add cleaned shrimp. Fry in a small amount of oil until the shrimp are a nice pink and the coating is a light brown. Mix together a little more flour and water and add to the shrimp to make a nice gravy. Cook gently until thickened. Season to taste. Makes 4 to 6 servings.

Jane Cantrell

### **TASTY SHRIMP'N GRAVY**

1 package favorite brown gravy mix

Shrimp fried your way

Prepare the brown gravy mix according to the directions given on the package. Add your favorite fried shrimp to the gravy and simmer for 10 minutes. That's all!

Faye Perritt

### **YOU DECIDE FRITTERS**

1 quart raw oysters, clams, OR scallops

1 egg

1/2 cup all-purpose flour

Salt and pepper to taste

Drain oysters, clams or scallops. Mix together the egg and flour. Add the well drained seafood of choice. Spoon into a frying pan that has about 1/3 to 1/2 inch of hot oil. Fry until nicely brown on both sides. *If you don't have enough batter, stir up some more.* Season to taste.

Jane Cantrell

*Be sure, when salting fish, to allow at least an hour for the salt to penetrate thoroughly and "strike" the fish before proceeding with the recipe.*

**2 pints raw shrimp OR 1 pound crabmeat**

**1 cup sliced celery**

**5-ounce can sliced water chestnuts**

**1 cup mayonnaise**

**1/4 cup chopped green onions**

**1/2 teaspoon salt**

**1 teaspoon Worcestershire sauce**

**1 tablespoon butter**

**1/2 cup soft bread crumbs**

**Paprika**

Peel and devein shrimp, OR flake and remove cartilage from crabmeat. Cut shrimp in pieces if large. Combine seafood with the rest of the ingredients (except bread crumbs, butter and paprika). Mix and place in a 6x10-inch casserole. Sprinkle with bread crumbs tossed in melted butter. Sprinkle with paprika. Bake at 350° for 30 minutes.

Sidney Lewis

**CHECK MAIN DISH CASSEROLES FOR MORE SEAFOOD RECIPES!**

***To stretch your shrimp salad, add a boiled, diced potato.***

***Use 1 tablespoon caraway seeds in a tea ball or cloth bag when boiling shrimp; the odor disappears!***

# FAVORITE RECIPES

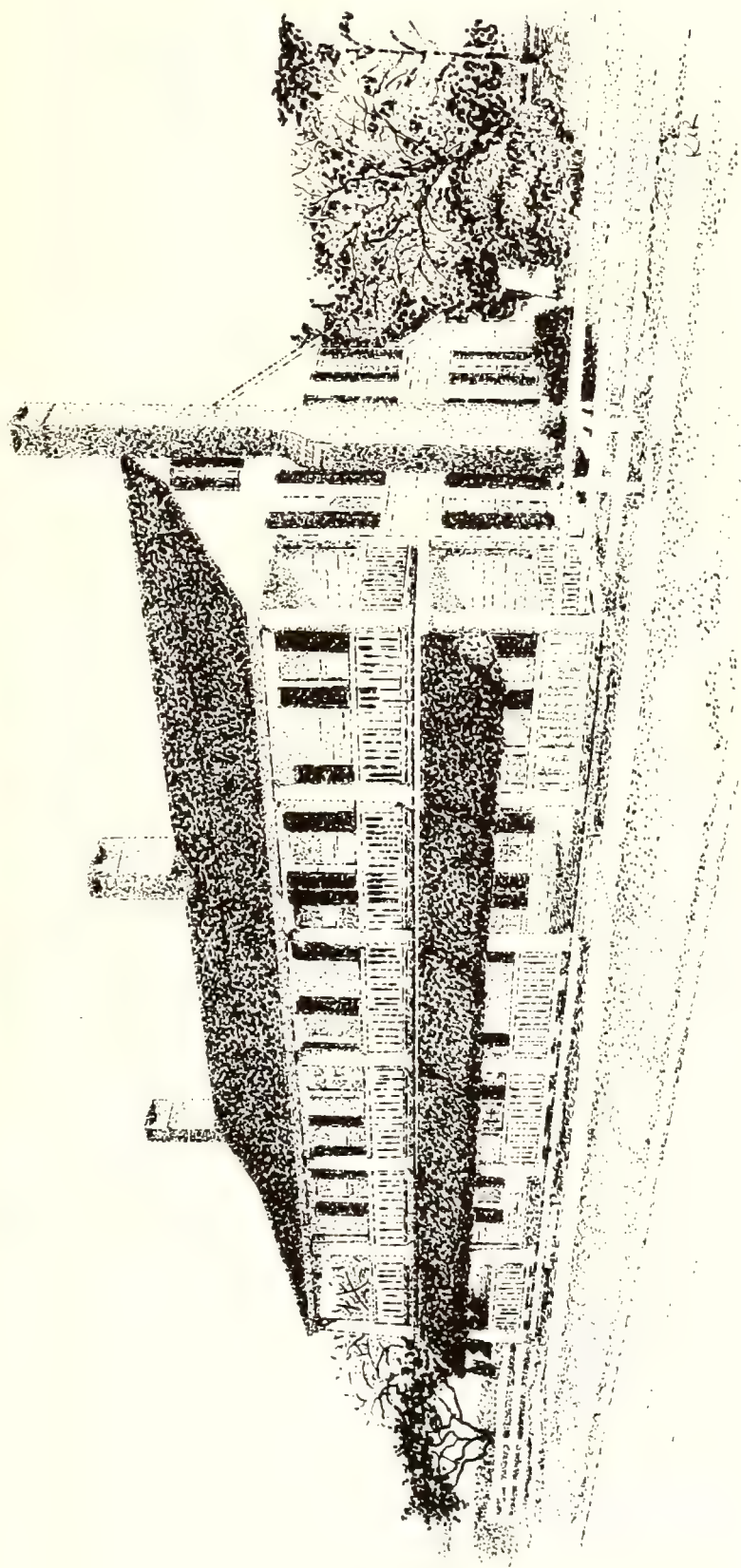
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# PASTA AND RICE



## Duncan's Green

The east side of this house, located at the west end of Front Street, Beaufort, North Carolina, was built in either 1726 or 1756, the original papers long since lost.

The house consisted of four rooms, two upstairs and two downstairs. A hallway divided the rooms.

In June of 1832 the house and property were purchased by Thomas Duncan, merchant, from his father-in-law, Benjamin Tucker Howland, for the sum of \$600.00. At this time, there was no street and it was, and is, known as Duncan's Green.

Thomas Duncan added another four rooms, two up and two down, to the west of the original four rooms. The lower two of these were used as a ship's chandlery. The upper two extended the living space for his wife, Ellicia, and their thirteen children. Thomas Duncan left property to all of his children but it was to his son, William Benjamin Duncan, that he left this property.

Lillian Duncan and Julius Fletcher Duncan, Sr., children of William and Emilie, became heirs.

Julius Fletcher Duncan, Sr., better known as "Jule Duncan" or "Judge," passed the property down again, so now it has sheltered eight generations in a straight line.

Present Owner, Lou Walters Register

Pasta and rice are two of the most economical staples on your grocers' shelf, yet we Americans indulge more in pre-packaged pasta and rice dishes than our parents or grandparents did. I remember when rice and gravy, macaroni and cheese were served more than once a week and our grocery list always included one or both of these. We are being encouraged to consume more complex carbohydrates in our daily meal. In order to have good nutrition, pasta and rice are perfect... watch the sauces, that's where the problem lies. Do you have a box of rice hiding on your kitchen shelf? From wild rice, brown rice and the widely-used white rice, cooks everywhere reach for rice to complement their meals.

Pasta is available in many forms - angel hair, vermicelli, manicotti - the list goes on and on. Experiment with new shapes and colors of pasta; for instance, spinach noodles add variety, color and additional taste to stand-by dishes. Select one of our recipes from the pasta and rice selections for a main dish or a great side dish; and for an old fashioned Southern dessert, check out the sweets area for wonderful recipes. There's always Honey Rice Pudding served warm or cold with a dollop of whipped cream, Cool Whip, fresh fruit or coconut... YUM!!!!!! These recipes will help you discover that variety, indeed, is the spice of life in the kitchen.

### **ANGEL HAIR PASTA WITH TOMATOES**

**1 pound tomatoes**

**2 tablespoons olive oil**

**1/2 thinly sliced medium onion**

**1 large clove garlic, minced**

**Salt**

**Angel pasta OR vermicelli, 8 ounces**

**Fresh basil, optional**

Blanch and peel tomatoes, quarter and remove seeds. Heat oil. Sauté onions until transparent. Add tomatoes, garlic, salt; simmer 15 minutes. Pour over cooked pasta. Top with chopped fresh basil. Makes 2 servings.



1 egg yolk  
 2/3 cup light cream OR sour cream  
 1/4 pound butter  
 1/3 cup Parmesan cheese

Cook noodles as directed on package. While noodles cook, beat egg yolk lightly with fork and add to the cream. Melt butter. Place drained, hot noodles in a warm serving bowl or platter. Pour the cream mixture and butter over noodles; add 1/2 the cheese. Toss noodles with a fork and spoon until well blended. Add remaining cheese, a little at a time, while tossing. Top with additional cheese, if desired, and serve immediately. Serves 4.

Dottie Lynch

## **HEALTH CONSCIOUS FETTUCINE ALFREDO**

1 tablespoon margarine  
 2 small cloves garlic, minced  
 1 tablespoon all-purpose flour  
 1 1/3 cups skim milk  
 2 tablespoons light cream cheese  
 1 1/4 cups grated fresh Parmesan cheese, divided  
 4 cups hot cooked fettuccine, without salt or fat  
 2 teaspoons chopped fresh parsley  
 Freshly ground pepper

Melt margarine in a saucepan over medium heat. Add garlic and sauté 1 minute; stir in flour. Slowly stir in milk until blended. Cook 8 minutes or until thickened, stirring constantly. Blend in cream cheese and cook an additional 2 minutes. Add 1 cup Parmesan cheese and stir until completely melted. Top the noodles with the remaining cheese after sauce has been poured over the pasta; sprinkle with parsley and pepper to taste. **NOTE: Freshly grated Parmesan cheese really makes this dish special, but the canned kind is okay...especially since the calories are cut in half and the fat is cut by two-thirds. The addition of the light cream cheese and flour, fresh garlic and fresh Parmesan makes this sauce so good no one will know the fat and calories are missing unless you tell!!**

Fran Krauthaim

*You can freeze cooked rice up to 3 months.*

**1/2 cup butter OR margarine**

**2 cloves garlic, crushed**

**1/2 cup all-purpose flour**

**1 teaspoon salt**

**2 cups milk**

**2 cups chicken broth**

**2 cups shredded mozzarella cheese**

**1/2 cup Parmesan cheese**

**1 medium onion, chopped (1/2 cup)**

**1 teaspoon dried basil leaves**

**1/2 teaspoon dried oregano leaves**

**1/4 teaspoon pepper**

**8 ounces uncooked lasagna noodles**

**2 cups creamed cottage cheese (16 ounces)**

**2 cups cooked chicken, chopped**

**2 packages frozen chopped spinach,  
thawed, drained, squeezed dry**

**1/2 cup grated Parmesan cheese**

## **MACARONI PIE**

**2 cups cooked macaroni**

**1 1/2 pounds Cheddar cheese, cubed**

**4 eggs**

**1 large can evaporated milk**

**Margarine**

Heat margarine in 2-quart saucepan over low heat until melted; add garlic. Mix in flour and salt. While stirring, cook until bubbly. Remove from heat; blend in milk and broth. Heat to boiling, stirring constantly for 1 minute. Add mozzarella cheese, 1/2 cup Parmesan cheese, onion, basil, oregano and pepper. Cook over low heat, stirring, until cheeses are melted. Spread 1/4 of the cheese sauce (1 1/2 cups) in ungreased, 13x9-inch baking dish; top with 3 or 4 uncooked noodles. Spread 1/2 the cottage cheese over noodles. Repeat the above process. Top with chicken, spinach, 1/4 cheese sauce, the remaining noodles and cheese sauce. Sprinkle with 1/2 cup Parmesan cheese. Bake covered for 30 minutes in 350° oven until noodles are done; uncover and cook 10 additional minutes. Let stand 15 minutes before cutting. *If you wish, you may parboil the noodles before you assemble the dish. Cooking time remains the same.*

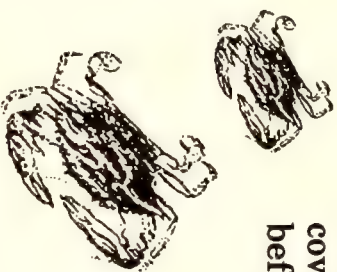
Patty Laughton

*Remember the macaroni will have additional cooking, so DO NOT OVERCOOK to begin! Pour cooked and drained noodles into a greased dish; add cheese and eggs; stir. Pour milk over mixture (if the canned milk does not cover everything, add regular milk to cover). Add a couple of pats of margarine on top. Bake, uncovered, 45 to 60 minutes at 350°.*

Crystal Lewis Bailey



**EGG-RECIPE LASAGNA**  
 8 ounces lasagna noodles  
 16-ounce can tomatoes, undrained  
 8 ounces mozzarella cheese  
 1/2 pound ground sausage  
 1 pound ground beef  
 1/2 cup chopped onion  
 1 teaspoon garlic powder  
 12 ounces tomato paste  
 2 teaspoons sugar  
 2 teaspoons salt  
 1/4 teaspoon pepper  
 1 teaspoon crushed red pepper  
 15 ounces ricotta cheese  
 1 egg, beaten  
 1/3 cup parsley  
 1 cup Parmesan cheese



Cook noodles as directed. Chop tomatoes and shred mozzarella cheese. In fry pan, cook sausage, ground beef, onion and garlic; drain. Add tomatoes (liquid, too!), paste, sausage, salt, pepper and red pepper, simmer 20 minutes. In a bowl, mix ricotta, egg and parsley. Layer, in a 9x13-inch (or larger) baking dish, sauce, noodles, ricotta mixture, mozzarella and Parmesan. Repeat the layering until all ingredients are used. Be sure to end with noodles covered in sauce. Bake in a 350° oven for 1 hour. Let stand 5 minutes before cutting.

Patricia Daughtry

**MACARONI CASSEROLE ITALIANO**  
 1/2 pound ground beef  
 1/2 pound Italian sausage, casing removed  
 1/2 cup chopped onion  
 2 cups water  
 6-ounce can tomato paste  
 1 envelope spaghetti sauce mix  
 1/4 teaspoon salt  
 2 cups elbow macaroni, uncooked  
 Parmesan cheese, grated

In large skillet, crumble meat; cook until almost done. Drain. Add onion; cook until onion is tender. Add water, tomato paste, sauce mix and salt; stir until blended. Heat to boiling; reduce heat. Cover and simmer 20 to 25 minutes. Cook pasta according to package directions; drain. Stir pasta into sauce and spoon into 2-quart casserole. Sprinkle generously with Parmesan cheese. Broil 5 to 10 minutes until cheese is lightly brown. Makes 6 cups.

Chiyo Rice



12 to 14 large manicotti shells  
 12 ounces tomato paste  
 15-ounce can stewed tomatoes  
 1 teaspoon tarragon  
 1 teaspoon oregano  
 1 teaspoon basil  
 3 cups ricotta cheese  
 3 egg whites, beaten  
 1/2 cup Parmesan cheese  
 10 ounces frozen chopped spinach  
 1 cup mozzarella cheese, grated

### **CREAMY CHICKEN STUFFED PASTA**

8 manicotti shells  
 1 cup 1% low-fat cottage cheese  
 1/2 cup nonfat mayonnaise OR salad dressing  
 1 cup Cheddar cheese, divided\*\*  
 1/4 teaspoon red pepper  
 1 1/4 cups chopped cooked chicken breast  
 10 ounces chopped, frozen spinach, thawed and well-drained

Boil the manicotti 8 minutes, rinse, and drain. In a blender, prepare the tomato paste, tomatoes, tarragon, oregano and basil into a sauce. Pour into a saucepan and simmer 20 minutes. Meanwhile, mix together the remaining ingredients and stuff the manicotti with this mixture. Cover the bottom of a 13x9-inch baking dish with 1 cup of the tomato sauce. Arrange manicotti in a single layer; pour remaining sauce over top. Cover with vented plastic wrap and microwave on high 14 to 16 minutes. Top with 1 cup grated mozzarella cheese and let stand 5 minutes before serving. Serves 6 to 7.

Macon Snowden

Cook manicotti shells according to package directions, omitting salt and fat; drain shells, and set aside. Combine cottage cheese and mayonnaise in container of an electric blender; cover and process until smooth. Transfer to a bowl; stir in 1/2 cup Cheddar cheese and red pepper. Combine 1 cup cottage cheese mixture, chicken, and spinach; mix well. Set aside remaining cottage cheese mixture. Stuff shells with chicken mixture; place in a 12x8-inch baking dish that has been coated with cooking spray. Spread remaining cottage cheese mixture over pasta shells; bake, uncovered at 350° for 20 minutes. Sprinkle with remaining cheese; bake an additional 3 to 5 minutes or until cheese is melted.

**\*\*Kraft Healthy Favorites Shredded Mild Natural Reduced Fat Cheddar Cheese works best.**

Patty Springle

**SUBSTITUTIONS**  
 1 pound fettuccine  
 1/2 cup chopped shallots  
 1 tablespoon olive oil  
 2 tablespoons butter  
 1/2 pound shrimp  
 1/2 pound scallops  
 1 teaspoon basil  
 1 tablespoon fresh dill  
 1/2 cup white wine  
 1 cup half-and-half  
 Parmesan cheese

### **SAUTÉED VEGETABLES WITH PASTA**

1 cup onions, chopped  
 2 to 3 garlic cloves  
 1 red bell pepper  
 2 tablespoons olive oil  
 8 ounces sliced mushrooms  
 1 head broccoli, chopped  
 1/2 cup dry white wine  
 Salt and fresh ground pepper  
 12 ounces vermicelli, cooked  
 Parmesan cheese

Cook fettuccine according to package directions. Set aside. Sauté shallots in oil and butter. Add shrimp and scallops and cook 1 minute. Season with basil and dill. Add wine and cook until reduced. Add cream and heat but **DO NOT BOIL**. Serve over pasta and sprinkle with cheese. Makes 4 servings.

Sandy Lockwood

Sauté onion, garlic and bell pepper in olive oil for 2 minutes. Add mushrooms and cook until just soft; add broccoli. Sauté for 1 minute longer. Season to taste. Add wine, cover and simmer for 5 minutes. Serve over pasta and top with cheese.

Sandy Lockwood

*Can't find the pizza cutter? Let clean scissors snip through the crust and topping--they do a wonderfully neat job.*

**8 ounces sliced mushrooms**  
**1 tablespoon butter**  
**1 1/2 tablespoons lemon juice**  
**8 ounces spaghetti**  
**2 cups diced, cooked chicken**  
**3 tablespoons butter**  
**3 tablespoons all-purpose flour**  
**1/2 teaspoon paprika**  
**1/8 teaspoon nutmeg**  
**1 1/2 teaspoons salt**  
**1/2 teaspoon pepper**  
**2 1/2 cups chicken broth**  
**1 cup milk OR heavy cream**  
**3/4 cup Parmesan cheese**  
**Paprika to garnish**

Sauté sliced mushrooms in 1 tablespoon butter with lemon juice. Combine with cooked pasta and chicken. Place in a 9x13-inch casserole. Set aside. Melt 3 tablespoons butter and stir in the flour and spices. Add broth (can use bouillon) and stir until the sauce thickens; gently stir in milk (cream) and heat until warm. Pour the sauce over noodles; sprinkle with Parmesan and paprika. Bake at 400° for 25 minutes or until brown and bubbly.

Minnie McIntyre

### **CURRIED RICE**

**1/3 cup chopped onions**  
**2 tablespoons butter**  
**2/3 cup rice**  
**1 1/2 cups chicken broth**  
**1 teaspoon curry powder**  
**1/2 cup green grapes, halved**  
**1/4 cup toasted slivered almonds**  
**Salt and pepper to taste**

Sauté onions in butter; add rice, broth and curry powder. Cook 20 to 25 minutes until tender. Add the grapes, almonds; salt and pepper to taste. Stir until the grape halves are warm. Serves 6.

Carol Willis





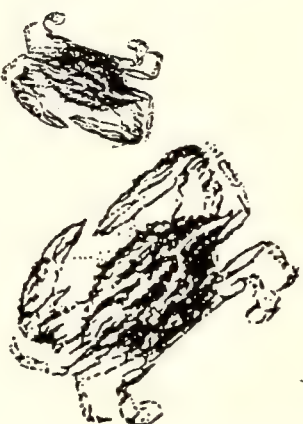
1/2 cup chopped onion  
1/2 cup chopped celery  
1/2 cup green pepper  
2 cloves garlic, minced  
2 (15 ounces each) cans red beans, drained  
1/2 pound fully-cooked low-fat  
turkey sausage, cut into 1/4 inch slices  
8 ounces tomato sauce  
1/4 teaspoon ground red pepper  
1 teaspoon Worcestershire sauce  
Hot pepper sauce (optional)  
3 cups hot cooked rice

### **FRIED RICE**

1 small onion, chopped  
3 pieces bacon, cut into small pieces  
1 whole chicken breast, cubed  
2 eggs scrambled  
1/2 package frozen peas  
1 small can shrimp  
3 cups cooked white rice  
Pinch of garlic and ginger  
1 tablespoon sherry  
1 tablespoon sugar  
3 tablespoons soy sauce  
1/4 cup peanuts

Coat Dutch oven with cooking spray and place over medium-high heat until hot. Add onion, celery, green pepper, and garlic. Cook 2 to 3 minutes. Add other ingredients, reserving rice; reduce heat; cover and simmer 15 minutes. Serve beans with rice and additional pepper sauce. Six servings.

Fran Krauthelm



Sauté onion with bacon; add cubed chicken and cook thoroughly. Move ingredients to one side of the skillet; scramble eggs. Remove the skillet from the heat and remove and shred the eggs into thin slivers. Return the skillet and eggs to the heat. Add peas, shrimp and rice. Combine the spices, sherry, sugar and soy sauce; pour into the skillet and heat thoroughly. Sprinkle with peanuts before serving. Serves 2 generously.

Rose Tankard

1 cup uncooked long grain rice  
 2 cups water  
 2 cups frozen peas, thawed  
 1 medium onion, chopped  
 1 carrot, peeled and shredded  
 1 teaspoon salt-free herb seasoning  
 2 teaspoons chicken bouillon granules  
 Salt and pepper to taste

Place all ingredients in a 3-quart saucepan. Cover and bring to a boil. Reduce heat and simmer for 15 minutes or until rice is tender. Makes 6 servings.

Jane Ledbetter

### RICE PILAF

1 stick margarine  
 1 small onion  
 2 cups water  
 3 bouillon cubes  
 1 cup rice  
 Small can mushrooms, drained

Wash rice and drain. To 2 cups water, add bouillon cubes and margarine. Mix into the liquid the onion, rice and mushrooms, pour thoroughly mixed ingredients into a greased 1 1/2-quart casserole dish. Bake, covered, at 350° for 1 hour. 6 servings.

Anna Lou Haskins

*The pasta is done, but it's not time to eat? Drain and rinse the pasta in cold water.*

*Toss lightly with a small amount of oil to keep it from sticking; turn into a metal colander. Set the colander over a pan containing water (down inside so that the colander rests on the lip of the pan). Cover the pasta with a lid and turn the heat on low to simmer the water and keep the pasta hot.*

**2 cups cow peas  
Water**

**1/4 pound thickly sliced bacon**

**1 cup chopped onion**

**1 cup raw long grain rice**

**1 teaspoon salt**

**1/4 teaspoon pepper**

Wash and sort peas (may soak overnight, but not necessary). In a saucepan combine peas and water (about 4 cups); bring to boil. Simmer covered for 45 to 60 minutes. Drain peas, reserving liquid. Set both peas and liquid aside. Fry bacon in Dutch oven, remove and drain all except 1 tablespoon drippings. Sauté onion; measure liquid from peas, add water if necessary to make 4 cups. Add liquids, peas, rice, salt and pepper. Bring to a boil, then simmer, covered, until rice is done...about 45 minutes. Crumble bacon into rice mixture and serve!

**Thelma Ward**

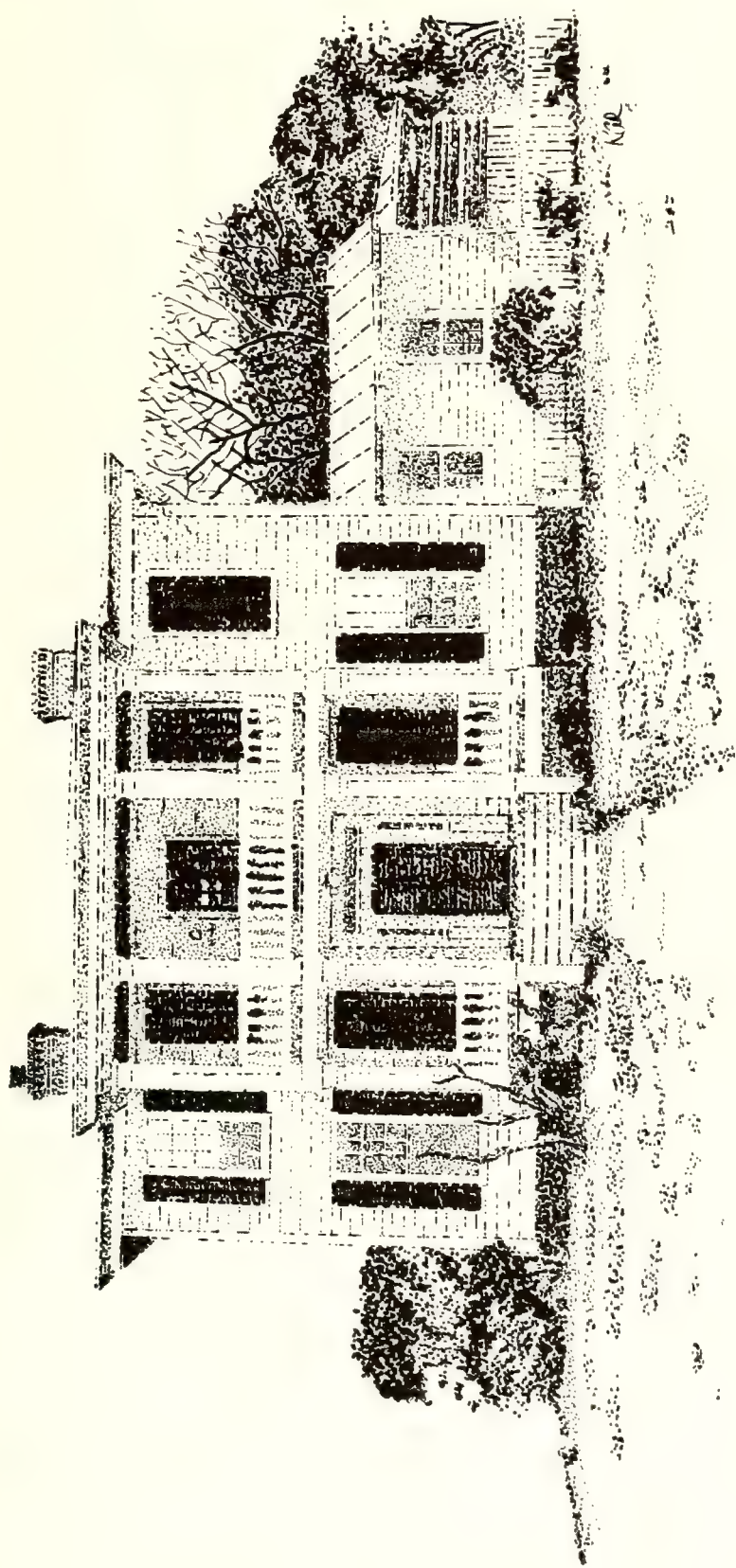
*Is HOPPIN' JOHN made from cow peas as this recipe indicates?? Many other recipes call for other peas to be used, but Thelma's From Hoppin' John country and this is HER recipe! Cow peas can be found along with the black-eyed peas and Navy beans in the grocery store. Sometimes you have to look hard to find them!*



**YOU MAY FIND MORE RECIPES THAT INCLUDE PASTA AND RICE IN THE MAIN DISH SECTION OF THIS BOOK!**



# LIGHT FARE



**Gibbs House**

The Gibbs House, c. 1850, is owned by Julian E. Arrington II. It is one of two houses in Carteret County listed in the National Register of Historic Places. The two-story Greek Revival house has been in Mr. Arrington's family since construction, and was, until her death, owned by Miss Lessie Arrington, a retired fourth-grade teacher and long-time supporter of Ann Street United Methodist Church. The house was built by Seth Gibbs and was constructed of cypress logs floated down from Hyde County. Copper nails were used. The structure was rented for use by the Johns Hopkins Seaside Laboratory in 1880. It operated there for 10 years and was the first school of marine biology in the United States. Its existence in the Gibbs House and the work done there were instrumental in the establishment by the United States Government of the Bureau of Fisheries, and were the reasons the house is listed in the National Register. The kitchen addition was added later, around the 1880's. In renovating the family home, Mr. Arrington retained the original plaster, pegged doors and windows, heart pine floors, and one cast-iron and seven wooden mantel fireplaces.

Present Owners, Julian and Beth Arrington

## Salads

Salads play an important role in today's diet. They come in various combinations from crispy green salads to fresh fruit, congealed, seafood, Taco or frozen. Depending on your taste, mood or the occasion, there IS a salad to fit each one.

The base of most salads is lettuce. There are many varieties from which to choose. Try mixing varieties in different combinations from Iceberg, Bibb, Romaine, Boston and Endive to name only a few of the types available to us today.

We have given you our favorite recipes and, now, here are some salad making pointers.

\*Always use fresh, crisp and clean salad greens. Wash and pat dry using soft paper towels, just before making the salad.

\*Fit the salad to the meal. A light salad goes best with a heavy dinner; whereas, a heartier salad with a rich dressing can be used as the main course for the meal.

\*Drain cooked vegetables thoroughly before using. The flavor of cooked vegetables is improved by marinating in French dressing 30 to 60 minutes.

\*Salads should taste as good as they look! Ingredients should be uniform in size and casual in arrangement, rather than fixed.

\*Toss lightly--never stir.

Find your prettiest bowl to serve your salad and enjoy your new creation with family and friends!

### AMBROSIA SALAD OR DESSERT

3 cups orange sections

1 cup grated fresh coconut

2 tablespoons sugar

1/2 cup whipping cream, whipped

2 teaspoons powdered sugar

Combine orange sections, coconut and sugar. Combine whipped cream and powdered sugar; fold into fruit mixture. Refrigerate until time to serve. *Good with fruit cake or pound cake.* Makes 8 servings.

Gerry Beveridge



2 cups cranberries  
 2 cups mini marshmallows  
 3/4 cup sugar  
 1 cup whipping cream  
 2 cups chopped green apples  
 1/2 cup seedless grapes  
 1/2 cup coarsely chopped walnuts, toasted  
 Lettuce leaves

In a food processor, coarsely grind cranberries. Pour into a bowl, add marshmallows and sugar; stir. Cover and chill 1 1/2 hours. Whip the cream and chill. Add apples, grapes and walnuts to the cranberry mixture; stir. Fold in whipped cream. Cover and chill for 1 hour. Serve on lettuce leaves. 6 to 8 servings.

Barbara Paerl

### SOUR CREAM SALAD

1 can fruit cocktail  
 1 can mandarin oranges  
 1 cup mini marshmallows  
 3/4 cup coconut  
 3/4 cup sour cream  
 1/2 cup pecan pieces

Drain fruits and mix all ingredients well. Chill.

Sarah Williams

*Chiyo Rice substitutes 1 cup of crushed pineapple for the fruit cocktail.*

### FROSTED FRUIT SALAD RING

3 cups sour cream (light can be used)  
 3/4 cup sugar  
 3 tablespoons lemon juice  
 1/8 teaspoon salt  
 1 heaping cup diced strawberries,  
 raspberries, OR mandarin oranges  
 8-ounce can crushed pineapple, drained  
 2 bananas, mashed  
 Fruit garnish

Combine sour cream, sugar, lemon juice and salt. Stir in remaining ingredients. Pour into a lightly oiled 6 to 7 cup, 9-inch ring mold. Cover and freeze. Set in refrigerator 2 hours before serving to "frost" and to partly thaw. Unmold and garnish with fresh or dried fruit of your choice. Serve immediately.

Linda Gillikin

3 bananas

1 can pineapple chunks, drained

1 can peach pie filling

1 can mandarin oranges, drained

1 package frozen strawberries

### **RIBBON SALAD**

1 large can pineapple tidbits

1 small Cool Whip

1 can condensed milk

16 ounces cherry pie filling

### **TRIFLE FRUIT SALAD**

2 cups fresh pineapple chunks

1 pint strawberries, sliced

1 pint fresh blueberries

2 cups seedless green grapes

1 1/4 cups milk

1/2 cup sour cream

1 small instant banana pudding

8 ounces crushed pineapple, undrained



*Always add a package of unflavored gelatin to jello dishes to keep them firm. You'll never taste the difference...it just won't melt and spoil your salad on a hot summer day.*

Slice the bananas and let them soak in the pineapple juice while combining the rest of the ingredients. Add the bananas just before chilling or add the freshly cut bananas just before serving.

Mary Fond Jones

Drain the pineapple; combine with the remaining ingredients and refrigerate.



Mary Murphy

Layer fresh fruits in glass bowl. In a medium bowl, combine milk and sour cream; blend well. Add pudding mix; beat until well blended, about 2 minutes. Stir in canned pineapple. Spoon pudding over fruit to within 1 inch of edge. Cover and refrigerate for several hours or overnight. Makes 8 servings.

Carol Willis

## WATERMELON SALAD

Lettuce  
Cottage cheese  
Blueberry garnish

Cut watermelon into tall triangles 1 1/2x2-inch thick. Remove rind. Arrange on a bed of lettuce into a star shape, leaving the center of the star open. Fill the center section with cottage cheese and garnish with blueberries. *This makes a pretty summer salad.*

Jan Blackwell

## BLACK BEAN AND AVOCADO SALAD

2 cups cooked black beans  
1 cup diced, seeded tomato  
1 cup smoked julienne turkey breast  
1/2 cup green pepper, chopped  
1/2 cup red onion, chopped  
1 cup chili-style tomatoes  
1 avocado, chunked  
Salt, pepper, hot sauce to taste

Combine all ingredients; toss to mix. Chill.

Sandy Lockwood

## BROCCOLI SALAD

8 slices bacon  
4 cups broccoli pieces  
1/4 cup raisins  
1/2 cup chopped onion  
*DRESSING:*  
1 cup mayonnaise  
2 tablespoons sugar  
2 tablespoons vinegar

Cook and cool bacon; crumble and set aside. Combine broccoli, raisins, and onion. Add bacon. Blend together mayonnaise, sugar, and vinegar. Pour over salad just before serving.

Bobbie Midgette



**1 bunch broccoli, separated**  
**1 head cauliflower, separated into florets**  
**8 strips bacon, cooked and crumbled**  
**1/3 cup chopped onion**  
**1 cup chopped, seeded tomato**  
**2 hard-cooked eggs, sliced**

**DRESSING:**

**1 cup mayonnaise OR salad dressing**  
**1/3 cup sugar**  
**2 tablespoons vinegar**

**CARROT-CABBAGE SLAW**

**1/2 head cabbage**  
**2 carrots**  
**1 small onion**  
**2 celery stalks**  
**DRESSING:**  
**2 packages Sweet 'N Low**  
**1/2 teaspoon coarse black pepper**  
**2 tablespoons vinegar**  
**2 tablespoons lemon juice**  
**1 tablespoon mayonnaise**

In a large bowl, combine broccoli, cauliflower, bacon, onion, tomatoes and eggs; set aside. In another bowl, combine mayonnaise, sugar and vinegar; mix until smooth. Just before serving, pour dressing over salad and toss. Makes 6 to 8 servings.

Harriette Kirk

Shred cabbage and carrots. Finely chop onion and celery. Mix all together in a large bowl. In a separate bowl, mix together sweetener, pepper, vinegar, lemon juice and mayonnaise. Pour over shredded vegetables, mix and refrigerate. *NOTE: If you tire of eating this as slaw, spray a pan with Pam and steam about 5 minutes for a nice hot vegetable dish.* Makes 5 cups.

Edna Bjerke

*Lettuce and celery will last longer if stored in paper bags instead of plastic wrap.*

- 1 large cabbage, shredded
- 1 large green pepper, diced
- 1 large sweet red pepper, diced
- 2 large purple onions, sliced
- 2 cups sugar
- 1/2 teaspoon turmeric
- 1 teaspoon salt
- 1 teaspoon celery seed
- 1 teaspoon black pepper
- 1 cup vinegar

**CAULIFLOWER SLAW**

- 1/2 cabbage, coarsely shredded
- 1/4 cup chopped onions
- 1/2 cup green and black olives
- 2 green peppers, chopped
- 1 small cauliflower, broken
- 1 jar button mushrooms

**DRESSING:**

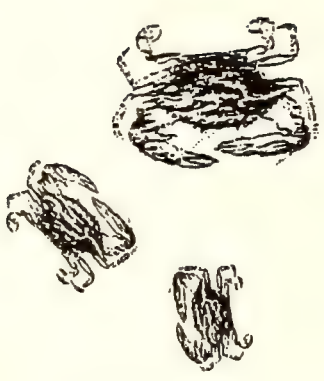
- 1 cup mayonnaise
- 2 tablespoons sugar
- 1/4 cup Parmesan cheese
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 8 ounces bacon, cooked and crumbled

Combine the cabbage, peppers and onions; set aside. Mix together the remaining ingredients and bring to a boil. Pour over the vegetables, cover and store in the refrigerator.

Chiyo Rice

Combine vegetables; pour dressing over all and mix well.

Patty Springle



1 head cauliflower  
1 medium onion, chopped fine  
1 cup very thinly sliced radishes  
10 ounces tiny green peas  
Mayonnaise to mix

Separate florets and dice; add chopped onion, radishes and peas which have been thawed and rinsed with cold water. Mix with just enough mayonnaise OR salad dressing to bind. Refrigerate.

Thelma Ward

### JEAN'S CAULIFLOWER AND RADISH SALAD

1 head cauliflower  
1 cup thinly sliced radishes  
1/2 cup lettuce  
1/4 cup green onion  
1 cup mayonnaise  
1 cup sour cream  
1 package Good Seasons Garlic Cheese  
Salad Dressing Mix

Divide the cauliflower into bite-size sections. Combine with the remaining vegetables. Make a sauce of the mayonnaise, sour cream and the salad dressing mix. Combine the two mixtures; cover and chill overnight before serving.

Joyce Gutknecht

### COLESLAW

1 medium head of fresh cabbage  
2 to 3 finely grated carrots  
Mayonnaise to blend  
1 tablespoon sugar  
Salt and pepper to taste

Clean, quarter and finely grate the carrots and cabbage together. Mix together the mayonnaise, sugar, salt and pepper. Pour over the grated vegetables and mix well to blend. *This slaw is very good served with seafood and cornbread.*

Jane Cantrell

*Doris Willis adds 1 1/2 tablespoons cider vinegar but does not use carrots!*

*Never cut lettuce with a knife...the edges will turn brown faster!*



- 1 can kidney beans, drained
- 2 cups cooked rice
- 1 can baby corn OR 1 cup corn
- 1 can Ranch beans, drained
- 1 small can sliced black olives, drained
- 1 red pepper, chopped
- 4 to 6 green onions, chopped
- 1 medium onion, chopped

**DRESSING:**

- 1/2 cup olive oil
- 2 tablespoons vinegar
- Garlic to taste
- Salt and pepper to taste

**CUCUMBER RAITA**

- 8 ounces plain nonfat yogurt
- 1 small cucumber, peeled, seeded and finely diced
- 1/4 teaspoon ground cumin
- 1/4 cup finely diced green bell pepper
- 2 tablespoons finely chopped parsley
- OR cilantro
- Freshly ground black pepper to taste

Mix together the olive oil, vinegar and spices. Combine the rest of the ingredients and pour on dressing. Toss well to combine. *This salad is a good one to make ahead of time because it keeps well.* Refrigerate 4 hours before serving. Makes 10 servings. *Note: Ranch beans are a barbecued pinto bean if that brand cannot be found.*

Karen Riemer

In a bowl, whisk the yogurt until smooth. Add remaining ingredients except black pepper. Stir well, cover and chill until ready to serve. Can be made up to 1 hour in advance. Sprinkle with pepper before serving. Serve with spicy dishes. *This is also good on tossed salads as a low-cal dressing.* Makes 6 to 8 servings.

Fran Krauthelm

1 head cauliflower

1 medium onion, chopped fine

1 cup very thinly sliced radishes

10 ounces tiny green peas

Mayonnaise to mix

Separate florets and dice; add chopped onion, radishes and peas which have been thawed and rinsed with cold water. Mix with just enough mayonnaise OR salad dressing to bind. Refrigerate.

Thelma Ward

## JEAN'S CAULIFLOWER AND RADISH SALAD

1 head cauliflower

1 cup thinly sliced radishes

1/2 cup lettuce

1/4 cup green onion

1 cup mayonnaise

1 cup sour cream

1 package Good Seasons Garlic Cheese

Salad Dressing Mix

Divide the cauliflower into bite-size sections. Combine with the remaining vegetables. Make a sauce of the mayonnaise, sour cream and the salad dressing mix. Combine the two mixtures; cover and chill overnight before serving.

Joyce Gutknecht

## COLESLAW

1 medium head of fresh cabbage

2 to 3 finely grated carrots

Mayonnaise to blend

1 tablespoon sugar

Salt and pepper to taste

Clean, quarter and finely grate the carrots and cabbage together. Mix together the mayonnaise, sugar, salt and pepper. Pour over the grated vegetables and mix well to blend. *This slaw is very good served with seafood and cornbread.*

Jane Cantrell

*Doris Willis adds 1 1/2 tablespoons cider vinegar but does not use carrots!*

*Never cut lettuce with a knife...the edges will turn brown faster!*

- 1 can kidney beans, drained
  - 2 cups cooked rice
  - 1 can baby corn OR 1 cup corn
  - 1 can Ranch beans, drained
  - 1 small can sliced black olives, drained
  - 1 red pepper, chopped
  - 4 to 6 green onions, chopped
  - 1 medium onion, chopped
- DRESSING:**
- 1/2 cup olive oil
  - 2 tablespoons vinegar
  - Garlic to taste
  - Salt and pepper to taste

### **CUCUMBER RAITA**

- 8 ounces plain nonfat yogurt
- 1 small cucumber, peeled, seeded and finely diced
- 1/4 teaspoon ground cumin
- 1/4 cup finely diced green bell pepper
- 2 tablespoons finely chopped parsley
- OR cilantro
- Freshly ground black pepper to taste

Mix together the olive oil, vinegar and spices. Combine the rest of the ingredients and pour on dressing. Toss well to combine. *This salad is a good one to make ahead of time because it keeps well.* Refrigerate 4 hours before serving. Makes 10 servings. *Note: Ranch beans are a barbecued pinto bean if that brand cannot be found.*

Karen Riemer

In a bowl, whisk the yogurt until smooth. Add remaining ingredients except black pepper. Stir well, cover and chill until ready to serve. Can be made up to 1 hour in advance. Sprinkle with pepper before serving. Serve with spicy dishes. *This is also good on tossed salads as a low-cal dressing.* Makes 6 to 8 servings.

Fran Krauthelm



2 medium cucumbers

1 large onion

1 1/2 teaspoons salt

3/4 cup water

3/4 cup vinegar

1 teaspoon sugar

*DRESSING:*

1/2 cup sour cream

1 teaspoon dill seed

1 to 2 drops hot pepper sauce

Freshly ground pepper

### MARINATED CUCUMBERS

3 large cucumbers, sliced

1 large onion, sliced

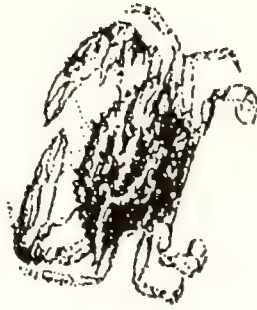
1/4 cup water

1/4 cup sugar

1/3 cup white vinegar

1 tablespoon salt

1/4 teaspoon pepper



*A congealed salad will not set if fresh pineapple is used.  
BUT if you boil the pineapple 3 minutes before putting in  
the salad, the salad will set.*

Peel the cucumbers and onions; thinly slice and separate the onions into rings. Place the onions and cucumber into a bowl; sprinkle with salt. Combine water, vinegar and sugar; pour over vegetables. Let stand at room temperature 1 hour; drain thoroughly. Combine sour cream, dill seed, hot pepper and ground pepper. Toss gently with cucumbers and onions. Cover and chill 1 hour. Makes 6 servings.

Macon Snowden



Mix all together and refrigerate at least 2 hours.

Martha James

1 medium cabbage, shredded  
1 carrot, grated  
1 bell pepper, chopped fine  
1 teaspoon salt

**DRESSING:**

1 cup vinegar  
1 1/4 cup water  
1 teaspoon celery seeds  
1 1/2 cups sugar  
1 teaspoon whole mustard seeds

**GARDEN BEAN SALAD**

10-ounce can cut green beans  
16-ounce can wax beans  
2 17-ounce cans lima beans  
16-ounce can kidney beans  
15-ounce can garbanzo beans  
3 celery stalks  
1 bunch green onions  
1 large green pepper

**DRESSING:**

2 cups sugar  
1 teaspoon salt  
2 cups vinegar  
1/2 cup water  
2-ounce jar sliced pimentos, garnish

Combine vegetables and add salt; stir and allow to stand for 1 hour. While the vegetables are standing, mix the remaining ingredients together and boil for 1 minute. Let stand until luke warm; pour over vegetables. Place slaw into containers and freeze. Slaw may be kept in refrigerator unfrozen for up to 1 week. *HINT: Make this slaw during the spring "cabbage season" to be used during the winter months with dried beans.*

Lucille Guthrie

Drain all cans of beans; place in a large bowl. Chop the celery, green onions and green peppers; add to beans and set aside. Bring the sugar, salt, vinegar and water to a boil in a heavy saucepan; boil for 5 minutes. Remove from heat and immediately pour over the vegetables. Refrigerate several hours or overnight. Garnish with pimentos before serving. Makes 12 to 16 servings.

Harriette Kirk

**4 slices bacon**

**2 pounds potatoes, peeled and sliced  
(about 4 medium potatoes)**

**2 shallots, finely chopped**

**1 teaspoon instant chicken bouillon**

**1/4 cup water**

**1/4 teaspoon pepper**

**2 tablespoons chopped parsley**

**1/2 teaspoon salt**

**3 tablespoons cider vinegar**

### **HOLIDAY SALAD**

**1 small can black olives**

**1 small can mandarin oranges**

**1 red pepper**

**1 large head red leaf lettuce**

**1 medium purple onion, sliced thin**

**1 cup chopped pecans**

**8 to 10 sliced mushrooms**

**POPPY SEED DRESSING:**

**1 egg**

**1 tablespoon Dijon mustard**

**2/3 cup red wine OR raspberry vinegar**

**3 tablespoons grated onion**

**1/4 cup sugar**

**1/2 teaspoon salt**

**2 cups corn oil**

**1/3 cup poppy seeds**

**In a 2 1/2-quart microwave casserole dish, cook bacon on high 3 to 5 minutes, until crisp; set aside. Stir the potatoes, shallots, bouillon and 1/4 cup water into the bacon grease in the casserole. Cover and cook on high 14 to 17 minutes until tender. Stir twice. Add the remaining ingredients and reserved bacon; stir. Cover and let stand 5 minutes before serving. *This can also be made on top of the stove.***

**Dottie Lynch**

**Drain olives and orange sections. Slice pepper into thin strips and clean lettuce. Place all ingredients into a salad bowl and toss gently with dressing.**

**Combine egg, mustard, vinegar, onion, sugar, and salt in food processor fitted with steel blade. With motor running, pour in oil slowly until all oil is incorporated. Transfer to a jar; add poppy seeds, seal and shake to mix in seeds. Refrigerate until ready to use.**

**Karen Riemer**



**LAYERED 24-HOUR SALAD**  
**SALAD:**  
 1 head lettuce, shredded  
 1/2 bell pepper, chopped  
 1 carrot, shredded  
 1 onion, chopped  
 1 stalk celery  
 1 package frozen green peas  
 3/4 cup mayonnaise  
 3/4 cup sour cream  
 3 tablespoons sugar  
 6 ounces sharp cheese, grated  
 Bacon bits

**LAYERED 24-HOUR SALAD**  
**SALAD:**  
 1/2 package cleaned, torn spinach  
 6 hard-cooked eggs, sliced  
 8 ounces boiled ham, julienne  
 10 ounces frozen peas, thawed  
 8 ounces Swiss cheese, julienne  
**DRESSING:**  
 1 cup mayonnaise  
 1 cup sour cream  
 Salt and pepper to taste  
 1 teaspoon sugar

In a large glass bowl layer the lettuce, pepper, carrots, onion and celery. Add the garden peas. Mix the mayonnaise and sour cream; spread on top. Sprinkle sugar over this and add grated cheese and bacon bits. Can garnish with tomatoes if desired. (*Editorial comment: This salad improves with age. Make a day ahead of time and refrigerate until ready to use.*)  
*Pat Humphrey uses fresh mushrooms, chopped green onions and tomatoes in place of the celery, carrots and regular onion! She also uses light mayonnaise and no sour cream. Makes 12 servings.*

Gerry Beveridge

Mix together the mayonnaise, sour cream, salt, pepper and sugar; set aside. In a large glass bowl place the spinach first. The sliced eggs are layered next. The third layer is ham; then the thawed peas. The next layer is the reserved mayonnaise mixture. Top the salad with the Swiss cheese strips. Cover with plastic wrap and chill for 24 hours.

Rosalie "Kate" Salter

*If you store cottage cheese upside down in its container, it will keep twice as long.*

in a pretty glass bowl layer as much as you want of.

**Sliced tomato**

**Sliced onions**

**Red, green, yellow, orange OR purple  
bell peppers**

**Sliced mushrooms**

**VINAIGRETTE:**

**8 tablespoons red wine OR tarragon  
vinegar**

**1 teaspoon salt**

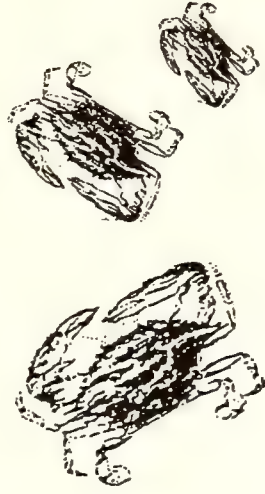
**4 to 5 tablespoons sugar**

**2 tablespoons Dijon mustard**

**1 teaspoon pepper**

**Minced parsley OR chopped chives**

**1 cup olive oil**



Mix all dressing ingredients together and stir until the sugar is dissolved. Pour over the vegetables and chill at least 4 hours before serving. *This salad keeps for several days.*

**Karen Riemer**

### **QUICK AND LIGHT POTATO SALAD**

**2 cups diced cooked potatoes**

**1/4 cup EACH chopped green pepper,  
radishes, cucumber, onion**

**1/3 cup low calorie mayonnaise**

**1/3 cup plain low-fat yogurt**

**1 tablespoon vinegar**

**2 to 3 teaspoons mustard**

**1/2 teaspoon sugar**

**1/2 teaspoon celery seed**

Toss potatoes and chopped vegetables together in mixing bowl. Make dressing of mayonnaise, yogurt, vinegar, mustard, sugar and celery seed. Toss with potato mixture. Chill and serve in lettuce cups.

**Virginia Moore**

**Radishes**  
**Sour cream**  
**Sugar**  
**Salt**  
**Pepper**

Wash firm radishes and slice thin. Cover with sour cream. Season with sugar, salt and pepper to taste. Serve very cold.

Frances Piver

### **RICE-ARTICHOKE SALAD**

**4 to 6 green onions**  
**1 medium onion**  
**1/2 red bell pepper**  
**1/2 green pepper**  
**2 cups cooked rice**  
**12-ounce jar marinated artichoke hearts, drained and reserved**  
**1/2 teaspoon curry powder**  
**1 cup mayonnaise**  
**2 tablespoons artichoke marinade**

Chop the onions and peppers together. Mix with the rice. Add the drained artichoke (bite-size pieces) hearts and stir lightly. Combine the curry powder, mayonnaise and reserved marinade. Pour over the rice mixture and refrigerate until well chilled. *This is a good salad to make ahead of time because it keeps well.* Makes 10 to 12 servings.

Karen Riemer

### **COLD VEGETABLE SALAD**

**16-ounce can Blue Lake green beans, drained**  
**16-ounce can Italian tomatoes, drained**  
**1 small Vidalia onion, chopped**

Drain all the vegetables well and dice the tomatoes. Refrigerate overnight before serving! Recipe can be doubled. 4 to 6 servings.

Elizabeth Kirk

*Add a small amount of beet vinegar to mayonnaise to give it a pretty color for salads.*



**16 ounces canned green beans**  
**17 ounces English peas**  
**2 ounces pimento, diced**  
**1 cup oil**  
**3/4 cup vinegar**  
**1/2 cup sugar**  
**1/2 cup chopped green pepper**  
**2 stalks celery, chopped**  
**1 small onion, sliced**  
**Salt and pepper**

Jeanne Simpson

### **SPINACH SALAD**

**1 package raw spinach**  
**8 slices bacon**  
**1 can sliced water chestnuts**  
**1 can bean sprouts**  
**1 medium onion, sliced**  
**2 boiled eggs, sliced**

#### ***Dressing:***

**1 cup oil**  
**1/2 cup red wine vinegar**  
**1/2 cup sugar**  
**Dash of salt**  
**Catsup to color and thicken**

**Drain canned vegetables. Make a dressing of oil, vinegar and sugar. Mix the fresh and canned vegetables in a covered casserole dish; add dressing and stir. Salt and pepper to taste. Cover and chill overnight. Serves 8 to 10.**

**Make the dressing first and refrigerate. Wash, drain well and break the spinach into pieces. Fry the bacon crisp and set aside. Drain the water chestnuts and bean sprouts. Combine the spinach, onion, water chestnuts, eggs and bean sprouts. When ready to serve, add dressing and toss lightly. Sprinkle with crumbled bacon.**

Phyllis O'Keef

**SALAD INGREDIENTS:**

- 1/4 pound fresh mushrooms, sliced
- 1 pound fresh spinach
- 2 green onions, including tops
- 6 slices bacon, cooked and crumbled

**DRESSING:**

- 6 tablespoons oil
- 2 tablespoons lemon juice
- 1 egg yolk, beaten
- 3/4 teaspoon salt
- 1 clove garlic, minced
- 1/4 teaspoon pepper
- 1/8 teaspoon dry mustard
- 1/4 teaspoon sugar

**MINTED TOMATO AND CUCUMBER SALAD**

- 4 tomatoes, sliced
- 1 green pepper, sliced
- 1 small cucumber, cut into chunks
- 1 green pepper, sliced

**DRESSING:**

- 1/4 cup "spiced" vinegar
- 2 tablespoons oil
- 1 teaspoon brown sugar
- 1 tablespoon grated fresh ginger
- 2 tablespoons finely chopped fresh mint

Combine all the dressing ingredients and stir together with a fork until well blended. Place in the refrigerator and keep cool until just before serving the salad. Prepare the fresh vegetables and place in a large glass bowl. When ready to serve, pour the dressing over the chilled salad, toss lightly and sprinkle with the crumbled bacon. *Men especially love this salad!*

Fran Krauthheim

Place the tomatoes, pepper and cucumber in a salad bowl. Blend dressing ingredients together. Pour over salad. Allow to marinate for at least one hour. Makes 4 servings.

1 cup uncooked wild rice

Seasoned salt, optional

2 cups diced cooked chicken

1 1/2 cups green grapes, halved

1 cup sliced water chestnuts, drained

3/4 cup light mayonnaise

1 cup cashews, optional

Lettuce leaves

### **AUTUMN APPLE SALAD**

15 ounces crushed pineapple

2/3 cup sugar

1 small lemon jello

8 ounces cream cheese

1 cup unpeeled, diced apples

3/4 cup chopped nuts

1 cup chopped celery

1 cup whipped topping

Lettuce leaves

### **BEST PINEAPPLE SALAD**

1 small raspberry jello

1 small cherry jello

1 small strawberry jello

2 cups boiling water

1 cup julienne beets

15-ounce can crushed pineapple

Cook rice according to package directions, omitting salt or substituting seasoned salt if desired. Drain well; cool to room temperature. Spoon into a large bowl; add chicken, halved grapes, water chestnuts and mayonnaise. Toss gently with a fork. Cover and chill. Just before serving, add cashews if desired. Serve on lettuce leaves or line a bowl with lettuce leaves and fill with salad. Makes 6 servings.

Harriette Kirk

Combine undrained pineapple and sugar in saucepan. Bring to a boil and cook for 3 minutes; add jello and stir until dissolved. Add cream cheese and stir until mixture is thoroughly combined; cool. Fold in apples, nuts, celery and whipped topping. Pour into a 9-inch square baking pan. Chill until firm; cut in squares and serve on lettuce leaves. Serves 9.

Alice Spencer

Add the three packages of gelatin to the boiling water; stir to dissolve. Add the beets and pineapple with its juice. Pour into a 9x13-inch pan and chill until ready to serve. Makes 24 servings.

Chiyo Rice



**2 small grape jello packages**  
**2 cups boiling water**  
**15 ounces crushed pineapple**  
**1 can blueberry pie filling**

**TOPPING:**

**8 ounces cream cheese, softened**  
**1 cup sour cream**  
**1/2 cup sugar**  
**1 teaspoon vanilla**



**CONGEALED SLAW**

**1 small lime jello**  
**1 cup hot water**  
**2 cups finely chopped cabbage**  
**1 cup mayonnaise**  
**2 tablespoons onion juice**

**CONGEALED SALAD MOLD**

**1 small lime jello**  
**1 cup boiling water**  
**1/2 cup mayonnaise**  
**1/2 cup chopped nuts**  
**1 small can evaporated milk**  
**15 ounces crushed pineapple**  
**1 cup cottage cheese**

Dissolve jello in boiling water. Add pineapple (undrained) and pie filling. Pour into a 9x13-inch pan and refrigerate until firm. Meanwhile combine the softened cream cheese, sour cream, sugar and vanilla. Mix well and spread over the firm jello mixture. Sprinkle with 1/2 cup nuts, if desired. Keep refrigerated.

Martha James

Dissolve jello in hot water; allow to cool. Add the remaining ingredients; pour into a 1 1/2-quart dish and refrigerate until firm. Serves 6.

Margie Windley

Dissolve the jello in the water. Add the remaining ingredients. Pour into a lightly greased quart mold and chill until firm. Serve on lettuce leaves and top with additional cottage cheese.

Joyce Gutknecht

- 3/4 cup boiling water
- 1 medium cucumber, peeled and grated
- 3/4 cup mayonnaise
- 1 tablespoon onion, grated
- 1/4 cup lemon juice

### COTTAGE CHEESE WITH CUCUMBER

- 1 small package lime gelatin
- 1 cup boiling water
- 1 medium cucumber, coarsely grated
- 1 pint cottage cheese
- 1/2 to 1 cup mayonnaise

Dissolve gelatin in water. Refrigerate until it has the consistency of raw egg whites. Add cucumber, cottage cheese and mayonnaise, in that order. Mix well. Return to refrigerator until ready to serve.

Chiyo Rice

### CRAN-ORANGE JELLO SALAD

- 1 small cherry jello
- 1 cup boiling water
- 1 cup crushed pineapple, drained
- 1 1/2 tablespoons lemon juice
- 1 jar cran-orange relish
- 1 cup diced apples
- 1 1/2 cups nuts
- 1/2 to 1 cup chopped celery

Dissolve the jello in boiling water. Pour into a lightly greased 1 1/2-quart bowl. Chill until partially thickened. Add the remaining ingredients; stir and chill until firm. Serves 4 to 6.

Delphine Geller

3 1/2 cups V-8 juice  
2 small lemon jello  
1/4 cup vinegar  
1 tablespoon sugar  
1 teaspoon salt

### LEMON-LIME JELLO SALAD

1 pint whipping cream  
2 cups boiling water  
1 small lemon jello  
1 small lime jello  
1 cup cold water  
15 OR 16 ounces crushed pineapple  
8 ounces cream cheese  
1 cup chopped pecans

### GOLDEN GLOW SALAD

1 small lemon jello  
1 cup boiling water  
1 cup canned pineapple juice  
1 cup raw, grated carrots  
1/3 cup chopped pecans  
1/2 cup chopped celery  
1 cup diced pineapple  
1 tablespoon vinegar

Heat 2 cups V-8 to boiling. Pour over jello and stir until dissolved. Add rest of ingredients. Serve with an herbed mayonnaise.

Frances River

Whip cream and chill. Pour boiling water over jello, stir to dissolve and add cold water. Squeeze out all the juice from the crushed pineapple to make 1 cup liquid. Pour the juice from the pineapple into a blender and add cream cheese in small chunks. Blend thoroughly and add to jello mixture. Place in the freezer. When the mixture is the consistency of egg whites, stir in the pineapple, whipped cream and nuts. Pour into a mold and refrigerate overnight.

Dolena Bell

*Mary Ruth Potter only uses lime jello and adds 2 cups mini marshmallows.*

Dissolve jello in boiling water; add pineapple juice. Chill until the consistency of egg whites. Add remaining ingredients. Turn into a greased 1 1/2-quart dish or mold. Chill until firm. This salad serves 6.

Joyce Fulford



1 small orange jello  
 8 ounces cottage cheese  
 8 ounces crushed pineapple  
 11 ounces mandarin oranges  
 8 ounces Cool Whip

### QUILTING PARTY SALAD

1 large strawberry jello  
 2 cups hot water  
 15 OR 16 ounces crushed pineapple  
 2 cups chopped bananas  
 1 cup chopped nuts  
 2 cups mini marshmallows

#### TOPPING:

1/2 cup pineapple juice  
 3/4 cup sugar  
 2 tablespoons all-purpose flour  
 8 ounces cream cheese  
 8 ounces whipped topping  
 3 tablespoons coconut

### CHICKEN SALAD AND SANDWICH SPREAD

3 cups chopped celery  
 3 cups diced cooked chicken  
 1 cup sweet pickle cubes  
 Mayonnaise OR salad dressing to taste  
 Salt and pepper to taste

Mix jello powder with the cottage cheese. Completely drain the pineapple and mandarin oranges. Mix together all ingredients. Refrigerate for at least 1 hour before eating. Makes 10 servings.

Alice Windley

Dissolve jello in hot water and let partially set. Drain the crushed pineapple and reserve the liquid. Add the bananas, nuts, marshmallows and crushed pineapple to the jello. Congeal until firm. Combine the pineapple juice, sugar and flour. Cook slowly until thickened, stirring constantly. Add the cream cheese. Stir until the cheese is melted and smooth. Spread on top of the congealed mixture. Top with a layer of whipped topping and sprinkle with coconut. Refrigerate until ready to use.

Dottie Lynch

Combine the chopped celery and chicken. Add the pickles and enough mayonnaise or "mayonnaise" style salad dressing to the consistency you like. *Some people like a "sloppy" salad, and some like a drier salad...make to your desired taste. Adjust seasonings with salt and pepper as desired. This salad is good on a bed of lettuce and it is a very good sandwich spread, too! Chill.*

Mix all ingredients until blended. 4 servings. *It's good!*

Chiyo Rice

2 cups cooked, cubed chicken  
1/4 cup walnuts  
1/2 cup coarsely chopped apple  
1/2 cup sliced celery  
1/2 teaspoon ground ginger (optional)  
2 tablespoons raisins  
1/2 cup Miracle Whip-type dressing

### CORNER-BEEF MOLD

1 small lemon jello  
1 cup boiling water  
2 tablespoons vinegar  
1 cup mayonnaise  
2 teaspoons horseradish  
12-ounce can corner beef, mashed up  
1 cup chopped celery  
1 cup chopped green pepper  
1/4 cup chopped onion  
3 hard cooked eggs, chopped  
1/2 teaspoon salt

Mix together jello, boiling water, and vinegar. Mix mayonnaise and horseradish together with a wire whisk. Add to hot mixture; then add rest of ingredients. Pour into mold and let set.

Anna Lou Haskins



*Dipping citrus fruit in hot water before squeezing will increase the amount of juice that can be obtained. Microwaving it for a minute will do the same thing!*

**1 pound back-fin crabmeat**  
**3/4 cup celery (2 to 3 stalks)**  
**2 tablespoons lemon juice**  
**1 teaspoon salt**  
**1/4 teaspoon pepper**  
**1 teaspoon capers (optional)**  
**3 tablespoons mayonnaise**

### **DELIGHTFUL CRAB SALAD**

**1 pound fresh crabmeat**  
**1/4 cup chopped celery**  
**1 tablespoon chopped onion**  
**8 ripe (black) olives**  
**1/4 cup mayonnaise**  
**1/8 teaspoon salt**  
**1 to 1 1/2 teaspoons mustard**  
**1/8 teaspoon white pepper**  
**Toasted bread OR lettuce leaves**

Remove cartilage from crab and add to celery in a bowl. Mix in lemon juice, salt, pepper and capers with mayonnaise. Add to crab meat and mix gently but thoroughly. Refrigerate until served. Makes 3 cups.

Frances Piver

Combine all ingredients except toasted bread or lettuce leaves. Toss to mix. Cover and chill until serving time. Spread on toasted bread, or serve on lettuce leaves. *Very good.* Serves 6 to 8.

Frances Piver

*For crunchy cole slaw, cut cabbage in half and soak in salted water for an hour. Drain well, then proceed with recipe.*



**2 pounds cooked shrimp OR chicken**

**2 cups shredded lettuce**

**1/2 cup chopped green onions**

**1/2 cup diced celery**

**1/2 cup chopped green pepper**

**Juice of 1 lemon**

**Salt and pepper to taste**

**Combine all ingredients.**

**DRESSING:**

**1 cup mayonnaise**

**9-ounce jar chutney**

**1 to 3 teaspoons curry powder**

### **SHRIMP MOUSSE**

**2 packages Knox gelatin**

**1/4 cup cold water**

**1 1/2 cans tomato soup**

**3 to 6 drops hot sauce**

**12 ounces cream cheese, cubed**

**2 (4.5-ounce each) cans shrimp**

**1/2 cup chopped onion**

**2/3 cup chopped celery**

**1/3 cup chopped bell pepper**

**1 cup mayonnaise**

Mix well and store covered in refrigerator until mixed with salad. Good condiments to sprinkle on top of salad if you wish are: hard-cooked eggs, bacon bits, peanuts, coconut, raisins.

**Neva Barnhardt**

Dissolve gelatin in cold water while draining the cans of shrimp. Heat the soup and add the dissolved gelatin. Cool to warm stage; add hot sauce. Add cubed cream cheese. Beat with rotary beater just until blended. Do not overbeat! Mash shrimp and add to mixture. Add chopped vegetables and fold in mayonnaise. Pour into a greased mold and let set 24 hours in the refrigerator.

**Carole Williford**

Combine salad dressing, parsley, basil and garlic; mix well. Add cheese, broccoli and noodles; mix lightly. Arrange tomatoes on platter; top with salad. Sprinkle with walnuts. Makes 6 servings.

Phyllis O'Keef

1 cup salad dressing  
1/4 cup chopped parsley  
1 teaspoon dried basil  
1 clove garlic, minced  
8 ounces cubed Cheddar cheese  
2 cups cooked broccoli florets  
4 ounces tri-color, corkscrew  
noodles, cooked and drained  
2 medium tomatoes, thin wedges  
1/2 cup chopped walnuts (optional)

### HAM LAYERED SALAD

8 cups torn iceberg lettuce  
1 cup shredded carrots  
2 1/2 cups cubed ham  
1/2 cup chopped green pepper  
2 cups chopped tomatoes  
8 ounces cream cheese  
3 ounces crumbled blue cheese  
1/4 cup mayonnaise  
1 tablespoon chopped chives  
1/4 cup milk  
2 teaspoons lemon juice  
1 cup seasoned croutons

Layer the lettuce, carrots, ham, pepper and tomatoes in a 3-quart salad bowl. Mix together the remaining ingredients and spread over the salad, sealing to the edge of the bowl. Cover and chill. Sprinkle with croutons before serving.

Pat Humphrey

2 quarts coarsely cut cooked chicken  
 2 cups sliced celery  
 5 ounces water chestnuts, sliced  
 2 pounds seedless grapes  
 2 to 3 cups toasted, slivered almonds  
 3 cups mayonnaise  
 1 tablespoon curry powder  
 1 tablespoon soy sauce  
 1 teaspoon lemon juice  
 1 teaspoon paprika  
 15 ounces pineapple chunks, drained

# HOT CHICKEN SALAD

2 cups diced, cooked chicken  
 1/2 cup slivered almonds  
 1 cup diced water chestnuts  
 1 cup diced pimento  
 1 cup mayonnaise  
 1/4 teaspoon celery seed  
 1/8 teaspoon pepper  
 1/8 teaspoon Accent  
 2 tablespoons lemon juice  
 1/2 can fried onions, chopped  
 3/4 cup grated sharp cheese

Combine chicken, celery, water chestnuts, grapes and most of the almonds. Mix mayonnaise with curry and soy sauce; add lemon juice. Stir in mayonnaise and chill for several hours or overnight. When ready to serve, garnish with paprika, remaining almonds and pineapple.

Virginia Moore

Combine chicken, almonds, water chestnuts, pimento, mayonnaise and seasonings. Mix thoroughly. Pour into a 1 1/2-quart casserole. Combine onions and cheese; sprinkle on top. Heat for about 30 minutes in a 350° oven. Makes 6 servings.

Jane Ledbetter





**2 tablespoons lemon juice**

**3/4 cup mayonnaise**

**2 pimentos, cut fine**

**1 teaspoon salt**

**1/2 teaspoon monosodium glutamate**

**2 cups chopped celery**

**4 hard-cooked eggs**

**3/4 cup cream of chicken soup**

**1 teaspoon onion, finely minced**

**1 cup cheese, grated**

**1 cup potato chips**

**2/3 cup finely chopped toasted almonds**

### **LARGE CHICKEN SALAD FOR ONE**

**4-ounce chicken breast**

**1 cup chopped celery**

**1 large apple, peeled and diced**

**Favorite dressing to taste**

Broil chicken breast, cool and cut into small cubes. Combine chicken, celery and apple. Toss with favorite dressing. Serve chilled. Makes 1 large serving.

Doris G. Willis

### **PINEAPPLE CRAB LOUIS**

**2 cups crabmeat**

**1/4 cup diced celery**

**1 cup diced fresh pineapple**

**1/4 cup green onions**

**1/2 cup Thousand Island dressing**

**Salt and pepper**

Combine all ingredients well; chill several hours and serve on lettuce.

Carole Williford

Delphine Geller

MEXICAN COUNTRY SALAD  
4 cups chopped, cooked chicken  
8 ounces sharp Cheddar cheese  
1 pound can red kidney beans  
1/2 cup sliced black olives  
1 medium onion, chopped  
2 tablespoons red bell pepper, chopped  
2 tablespoons green pepper, chopped  
4 ounces chopped green chilies  
1 package taco seasoning mix  
1/2 cup sour cream  
1/2 cup mayonnaise  
Shredded lettuce  
Corn chips

Combine all ingredients except the lettuce and corn chips. Mix well, cover and chill. Flavors blend better if chilled overnight. Arrange lettuce on 8 individual serving plates. Spoon about 1 cup mixture onto each plate. Serve with corn chips. Makes 8 servings.

Beth Lillard Lupton

### SHRIMP SALAD

1 pound boiled, cleaned shrimp  
2 hard-cooked eggs  
1 small onion, chopped  
2 heaping tablespoons sweet pickle relish  
Mayonnaise to mix  
Salt and pepper to taste

Be sure to remove the black vein from the shrimp! Cut the shrimp into small pieces. Add the chopped eggs, onion, relish and mayonnaise to your taste. Check and adjust seasoning with salt and pepper.

Elizabeth Murphy

*Rub the cut side of an onion with butter before storing it, to keep the leftover onion fresh longer.*

**1/2 cup sweet pickles**

**2 cups chopped, boiled shrimp**

**1/4 cup bell pepper, chopped**

**3/4 cup celery, chopped**

**2 tablespoons onion, chopped**

**3/4 cup salad dressing**

**3/4 cup saltine cracker crumbs**

**Bed of lettuce**

### **SUMMER PASTA SALAD**

**1 cup shell macaroni**

**1/2 cup Miracle Whip**

**1/4 cup Parmesan cheese**

**2 tablespoons milk**

**1 cup chopped tomato**

**1 cup green pepper chunks**

**1/4 cup coarsely chopped onion**

**1 1/2 cups cubed ham**

**1/2 teaspoon salt**

**Lettuce**

**Chop the sweet pickles. Combine all ingredients, adding cracker crumbs last. Toss and serve on a bed of lettuce.**

**Betty Weeks**

**Cook the macaroni according to package directions, drain. Combine Miracle Whip, cheese and milk; mix well. Add remaining ingredients except lettuce, mix lightly. Chill several hours before serving on lettuce.**

**Chiyo Rice**



**1 pound pasta, cooked and drained**  
**3 cups chopped turkey**

Mix all ingredients together. Let flavors blend 30 minutes before serving.

Martha James

**1 cup chopped celery**  
**1 cup chopped onion**  
**1 bell pepper, chopped**  
**1 cup mayonnaise**  
**1 tablespoon Dijon mustard**  
**1 teaspoon dill weed**  
**Salt and pepper to taste**



## Soups

When calorie-packed foods and busy schedules have you longing for a simple, relaxing meal at home, soup and sandwich may be just what you need! Start your meal with one of the hearty soups we have included such as: Harvest-Time Beef, Dry Lima Bean, maybe Broccoli-Cheese or She Crab soup and add your favorite sandwich; perhaps you'd like to have a salad, too. You will probably find a new recipe in this book you'd like to try. Angel Food Delight or Apple-Nut Cake and Fireside Coffee will offer the perfect ending for this casual meal. Tomorrow we can eat our raw vegetables and be very careful of our fats!

### CREAM OF BROCCOLI SOUP

**20 ounces frozen, chopped broccoli**  
**1 cup half-and-half**  
**1 can cream of chicken soup**  
**1/2 teaspoon pepper**  
**1 can cream of celery soup**  
**1/8 teaspoon curry powder**

Cook broccoli according to package directions, omitting salt. Do not drain. Add remaining ingredients, stirring well. Reduce heat and simmer one hour. Makes 7 1/2 cups.

Joyce Fulford

**1 cup water**  
**1 chicken bouillon cube**  
**10 ounces frozen chopped broccoli**  
**1 medium carrot, grated**  
**2 tablespoons butter**  
**2 tablespoons all-purpose flour**  
**2 cups milk**  
**1/2 pound American OR Velveeta**  
**cheese, cubed**  
**1 tablespoon minced onion flakes**  
**1 tablespoon Worcestershire sauce**  
**1 can cream of chicken soup**  
**Salt and pepper**  
**2 cups cooked chicken, chopped**

## **CREAM OF BROCCOLI SOUP II**

**1/2 cup chopped onion**  
**2 tablespoons butter**  
**1/4 cup all-purpose flour**  
**2 cups water**  
**2 cups broccoli florets, chopped**  
**4 chicken bouillon cubes**  
**1/4 teaspoon pepper**  
**1 cup milk**

Bring the water and bouillon cube to a boil. Add the broccoli and carrot. Cook according to the broccoli package's directions; then remove from heat. *Do not drain.* In a separate pan, melt the butter and slowly stir in the flour. Continue stirring while gradually adding the milk. Stir in the cheese, onion flakes, Worcestershire sauce, and soup. Add salt and pepper to taste. Add the broccoli-and-carrot mixture and chicken. Cook over low heat until reaching the desired degree of thickness.

Faye Nelson

Place onion and butter in a 2-quart microwave bowl; cover and microwave on high 5 or 6 minutes. Stir once. Stir in flour to make a smooth paste. Gradually stir in water until blended; then add broccoli (chopped fine), bouillon cubes and pepper. Cover and microwave on high 10 to 12 minutes until broccoli is tender and soup is thickened. Carefully stir in milk. Makes 4 cups.

Patricia Daughtry

**CARROT SOUP**  
 2 tablespoons butter  
 2 1/2 cups chicken stock/broth  
 8 to 10 carrots, peeled and sliced  
 1 medium onion  
 1 3/4 cups diced potatoes  
 1 1/2 cups milk  
 Salt and pepper

Melt butter in large saucepan over medium heat. Add chicken stock, carrots, onion, and potatoes. Bring to a boil and simmer until tender. This will take about 10 to 15 minutes. Transfer to a blender in batches and puree. Return to the pan, add milk and season with salt and pepper. Heat slowly but DO NOT BOIL.

Karen Riemer  
*For a Curried Carrot soup, add 1 tablespoon curry powder and 1/2 teaspoon cumin when you add the milk.*

### **CHEESY VEGETABLE CHOWDER**

1/2 cup onion  
 1 clove garlic  
 1 cup sliced carrots  
 1 cup cubed potatoes  
 1 cup sliced celery  
 3 1/2 cups chicken broth  
 1 large can creamed corn  
 1 small can whole kernel corn, drained  
 1/4 cup butter  
 1/4 cup flour  
 2 cups milk  
 1 tablespoon prepared mustard  
 1/4 teaspoon white pepper  
 1/8 teaspoon paprika  
 2 cups shredded Cheddar cheese  
 2 tablespoons pimento

Combine onion, garlic, carrots, potatoes, celery and broth in a Dutch oven; bring to boil. Cover, simmer 20 minutes. Stir in corn, simmer. Melt butter in heavy saucepan, add flour, stir until smooth. Cook 1 minute; gradually add milk and cook until thick and bubbly hot. Stir well while cooking. Mix in remaining ingredients; cook until cheese melts. Gradually stir cheese mixture into vegetable mixture. Simmer until all blended and ready to serve. *Colorful and filling cold weather chowder! Makes 2 quarts.*

Thelma Ward



- 6 small zucchini, cut in chunks
- 1 1/2 teaspoons curry powder
- 1 large onion, sliced thin (1 cup)
- 1/2 teaspoon ginger
- 1/2 teaspoon dry mustard
- 3 cups chicken broth
- 3 tablespoons raw rice
- Salt and pepper to taste
- Fresh herb garnish
- White wine to thin soup
- 1 1/2 cups milk OR cream

**DRY LIMA BEAN SOUP**

- 1 pound dry beans
- 3 quarts water
- 1/4 pound streak of lean (salt pork)
- 1 pound can whole corn
- 1 pound can stewed tomatoes
- Salt and spices of choice to taste

Combine all ingredients except cream in a pot. Bring to a boil, cover and simmer 45 minutes. Pour into a blender and puree. Pour soup into serving bowl, add milk and blend. If the soup is too thick, thin with a little white wine.

Karen Riemer

Soak beans overnight OR bring beans in 3 quarts of water to a boil. Simmer for 15 minutes and allow to sit in the hot water for one hour. Drain and set beans aside. In a large pot, while the beans are draining, fry out the salt pork (streak of lean) until crisp, remove and chop. Add the beans to the drippings and follow the directions on the bag for cooking beans. When the beans are tender, add the corn and tomatoes. *Serve this with hot biscuits or fresh corn bread and slaw on chilly days.*

Jane Cantrell



*To add a rich color and flavor to meat soups, always melt a teaspoon of granulated sugar until browned in the kettle, before putting in the meat.*

1 pound navy beans  
 3 quarts water (and water to cover)  
 1 1/2 pounds smoked ham, butt end  
 3 quarts water  
 1/2 teaspoon celery salt  
 2 teaspoons salt  
 1/2 teaspoon black pepper  
 1 teaspoon ACCENT  
 1 medium onion, minced  
 Dried parsley flakes

### FRENCH ONION SOUP

4 medium onions, sliced  
 2 tablespoons butter OR margarine  
 2 cans beef consommé  
 1 1/2 cups water  
 1/8 teaspoon pepper  
 Celery salt to taste  
 1/8 teaspoon thyme or to taste  
 1 bay leaf  
 4 slices French bread, 3/4" to 1" thick  
 4 ounces shredded Swiss OR  
 mozzarella cheese  
 1/4 cup grated Parmesan cheese

Soak beans in water to cover overnight. Drain, place beans and ham in 3 quarts of water, add celery salt, salt, pepper, ACCENT and cook until beans are tender, approximately 2 to 2 1/2 hours. Remove ham and grind. Add onions to soup and cook approximately 1/2 hour longer. Return ham to the soup and serve immediately. Sprinkle each serving with parsley flakes and serve with Parmesan cheese cubes. Makes 6 to 8 servings. *NOTE: This recipe won first place in the U.S. Navy World Championship Bean Soup Contest which was seen on coast to coast television on Gary Moore's "I've Got A Secret". Ed is my brother-in-law.*

George Garrett

Cover and cook onions in margarine in 3-quart saucepan over low heat, stirring occasionally, until tender, 20 to 30 minutes. Add consommé, water, spices desired, and bay leaf. Heat to boiling and reduce heat; cover and simmer 15 minutes. Set oven control to broil. Place bread slices on cookie sheet. Broil with tops about 5 inches from heat until golden brown, about 1 minute. Turn, broil until golden brown. Place bread in 4 ovenproof bowls or individual casseroles. Ladle soup over bread; top with Swiss cheese. Sprinkle with Parmesan cheese. Place bowls in jelly roll pan or on cookie sheet. Broil with tops about 5 inches from heat just until cheese is melted and golden brown, 1 to 2 minutes. *Nice served with additional French bread.* Makes five 1-cup servings.

Rose Tankard

**12 fresh tomatoes**

**2 large onions, chopped**

**1 green pepper, chopped**

**1 red pepper, chopped**

**4 ribs celery, chopped**

**Fresh basil, to taste**

**Garlic, salt and pepper, to taste**

**Karen Riemer**

## **LENTIL SOUP**

**1 package lentils, cooked**

**1/2 onion**

**1 clove garlic, chopped**

**2 slices bacon**

**1 chopped leek**

**2 chopped carrots**

**2 ribs celery chopped**

**1/2 teaspoon marjoram**

**1/2 teaspoon thyme**

**Black pepper, salt**

**Cumin OR cayenne**

**1 to 2 cups chopped squash**

**1 to 2 cups chard OR spinach**

**1/4 to 1/2 cup chopped mushrooms**

**1/4 to 1/2 cup cheese (your choice)**

Blanch and peel tomatoes, chop and place in a large pot. Add the other vegetables and season to taste with the herbs and spices. Bring to a boil and simmer several hours until the liquid reduces and you have a thick chunky soup.

Cook lentils according to directions on package. One hour before lentils are done, sauté onion until golden brown. Add garlic, bacon, leek, carrot, celery, marjoram and thyme, lots of pepper and some salt, a little cumin or cayenne. Simmer 1/2 hour. Add chopped squash, spinach or chard, mushrooms and cheese. Season to taste. Stir and simmer 20 minutes.

**Barbara Paerl**



**1 tablespoon olive oil**  
**1 small onion, chopped**  
**1 cup sliced carrots**  
**1 cup sliced celery**  
**1 cup sliced zucchini**  
**1/2 cup diced pepper**  
**20 ounces peeled, chopped tomatoes**  
**1 can beef broth**  
**1 cup medium pasta shells**  
**1/2 teaspoon basil**  
**10-ounce can whole white kidney beans**  
**Salt and pepper to taste**

### **MINESTRONE SOUP--WITHOUT ADDED FAT**

**2 medium zucchini**  
**1 cup carrots**  
**1 cup cabbage**  
**1 cup green onions**  
**3 quarts beef stock from bouillon**  
**1 teaspoon basil**  
**8 ounces tomato sauce**  
**1 can bean and bacon soup**  
**15.5-ounce can kidney beans**  
**1 1/4 teaspoons salt**  
**3/4 cup raw rice**

In a 2-quart microwave casserole, mix oil and vegetables, except tomatoes. Cover loosely with heavy duty plastic wrap and microwave on high for 5 minutes. Add the undrained tomatoes and the remaining ingredients. Microwave on high 15 minutes. Makes 4 servings.

Tabbie Nance



Slice fresh vegetables and combine all ingredients (except the zucchini) in a very large pot. Bring the soup just to a boil, reduce the heat and simmer. After 15 minutes, add the zucchini and simmer 15 minutes more. Makes 15 large servings.

Fran Krauthaim

**1 pound can solid-pack pumpkin**  
**1 can chicken broth**  
**1 1/4 cups milk**  
**1/2 cup grated Parmesan cheese**  
**1/4 teaspoon ground nutmeg**

**Elizabeth Ray**

### **PUMPKIN SOUP**

**1 large onion, chopped**  
**1/4 cup butter OR margarine**  
**1/2 teaspoon curry powder**  
**16-ounce can pumpkin**  
**1 1/2 teaspoons salt**  
**2 cups half-and-half**  
**2 1/2 cups chicken broth**  
**Chopped parsley, optional**  
**Ground cinnamon, optional**  
**Sour cream, optional**

**Jeanne Simpson**

Sauté onion in butter until tender; sprinkle with curry powder, and sauté an additional 2 minutes. Stir in pumpkin and salt; add half-and-half, stirring constantly. Stir in broth and heat thoroughly. If desired garnish with parsley, sour cream OR ground cinnamon. Makes 8 servings.

### **PINTO BEAN AND HOMINY SOUP WITH KIELBASA**

**2 large cloves garlic**  
**1 can beef broth**  
**15-ounce can pinto beans**  
**15-ounce can yellow hominy**  
**1/4 pound smoked kielbasa**

Mince the garlic cloves and place into a medium saucepan along with the beef broth and the undrained pinto beans. Drain the hominy and add to the saucepan. Cut the kielbasa into lengthwise quarters, then slice thinly and add to the soup mixture. Bring the soup to a simmer over medium heat, stirring occasionally. Remove about 2 cups of the soup and puree. Stir the puree back into the hot soup and serve. Makes 4 servings.

**Fran Krauthaim**

**10 ounces frozen hash brown potatoes**  
**1 cup chopped onion**  
**1 can chicken broth**  
**2 cups water**  
**1 can cream of celery soup**  
**2 cups milk**  
**1 can cream of chicken soup**  
**Diced ham garnish**

### **POTATO AND WILD RICE SOUP**

**1/2 cup raw wild rice**  
**1 1/2 cups water**  
**1/2 pound bacon, cut in pieces**  
**1/4 cup chopped onion**  
**2 cans cream of potato soup**  
**1 quart + 1 soup can of milk**  
**2 1/2 cups grated American cheese**  
**Parsley flake garnish**

Combine the hash brown potatoes, chopped onion, chicken broth and 2 cups of water in a 6-quart pot. Bring to a boil; cover, lower heat and simmer 30 minutes. Stir in the remaining ingredients and heat thoroughly. Garnish with diced ham. Makes 2 1/2 quarts.

Beth Lupton

Combine the wild rice and water in a saucepan and cook over low heat for 45 minutes. Drain; set aside. Fry bacon pieces and chopped onion in a skillet until the bacon is crisp. Drain the bacon and onions on a paper towel. Pour the cans of soup into a large sauce pan. Dilute the soup with 1 can of water and 1 can of milk. Stir in the 1 quart of milk, bacon, onion, cheese and cooked rice. Stir until the cheese is melted. Garnish with dried parsley flakes. Makes 8 to 10 servings.

Beth Lupton

*Too much grease on top of the soup and you don't have time to chill it???*  
*Drop a lettuce leaf or a piece of stale bread into the soup. The grease will cling to the lettuce or the bread and you can throw the lettuce and the bread away, grease and all.*



## WINTER COUNTRY

- 2 cups diced potatoes
- 3/4 cup onion
- 1/2 cup celery
- 2 1/2 teaspoons salt
- 2 1/2 cups water
- 4 tablespoons butter
- 4 tablespoons flour
- 1/4 teaspoon pepper
- 1/2 teaspoon dry mustard
- 1 1/2 teaspoons Worcestershire sauce
- 2 cups milk
- 3/4 pound medium cheese
- 1 cup crushed tomatoes (optional)

## MOUNTAIN SOUP

- 1/2 pound ground beef
- 4 cups cabbage, chopped
- 3/4 cup celery
- 1 cup onion
- 2 cups water
- 4 to 5 dashes oregano (1/2 teaspoon)
- 1/2 can light red kidney OR pinto beans
- 3 cans tomatoes, cored and chopped
- Salt to taste

Boil the potatoes, onion, celery and salt in 2 1/2 cups water. In a separate pan, melt the butter and add the flour, pepper, mustard and Worcestershire sauce to make a paste; stir in the milk to make a smooth sauce; add the Cheddar cheese. Stir until the cheese is melted. Pour the cheese mixture into the cooked potato-onion mixture and blend by stirring. Add the tomatoes just before serving if you want to use them. *I increase the potatoes to 6 cups and the water to 6 cups because I like extra potatoes in my soup. This is a great soup for a cold winter night...especially if you like cheese. The soup freezes well.*

Carole Williford

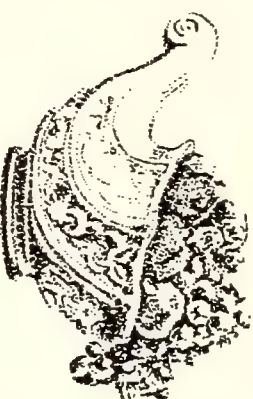
Slightly brown the meat in a skillet. Chop vegetables and put in a soup pot with the water; cook until tender. Add oregano, beans, beef and drippings. Heat the tomatoes and add to the soup; simmer on low about 10 minutes. Soup is better if it is served about 1 hour after it is cooked. *You don't have to wait if time doesn't permit!*

Frances Jeffreys

2 quarts water  
 2 envelopes French onion soup mix  
 12 ounces tomato paste  
 3 tablespoons sugar  
 1 bay leaf  
 2 tablespoons dried parsley  
 1 small cabbage, shredded  
 3 pounds boneless chuck, cut into  
 1-inch pieces  
 3 medium onions, cubed  
 6 medium potatoes, cubed  
 2 pounds frozen mixed vegetables  
 (OR 1 box each frozen corn, green  
 beans, carrots, lima beans)  
 1/2 pound carrots, sliced  
 1 box frozen sliced okra  
 3 pounds canned whole tomatoes  
 2 tablespoons dried parsley  
 Salt and pepper to taste

Place 2 quarts water in a 12-quart stockpot and bring to a boil. Add onion soup mix, tomato paste, sugar, bay leaf and parsley. Mix well and add remaining ingredients. Add enough water to cover everything and bring to a boil; lower heat and simmer for 1 1/2 to 2 hours. Stir every 20 to 30 minutes. Remove bay leaf and adjust seasonings. Makes 2 gallons.

Linda Garrett



*If soups are too salty, add 1 teaspoon of vinegar and 1 teaspoon of sugar and reheat.*

**1 pound escarole**

**1 pound ground chuck**

**Salt and pepper**

**3 chicken bouillon cubes**

**1 carrot, chopped**

**1 onion, chopped**

**2 eggs**

**1/3 to 1/2 cup Romano cheese**

### **HARVEST-TIME BEEF SOUP**

**1 pound stew beef, cut in 1/2-inch cubes**

**1 tablespoon butter OR margarine**

**1 tablespoon oil**

**2 medium onions, chopped**

**3 medium potatoes, cubed**

**2 cups cubed rutabagas**

**1 1/2 cups chopped carrots**

**1 bay leaf**

**2 cups coarsely chopped cabbage**

**4 beef bouillon cubes**

**2 tablespoons chopped parsley**

**6 cups water**

**1 teaspoon cider vinegar**

**1 tablespoon apple juice**

**1 1/2 teaspoons salt, optional**

**Pepper to taste**

**Cook escarole in water to cover for 30 minutes. Remove from liquid; squeeze dry and chop. Return the chopped greens to the liquid, add bouillon cubes, carrots and onions. Combine the ground chuck, salt and pepper; roll into small meatballs (approximately 60 to 70). Gently place the meatballs in the liquid and simmer for 1 hour. DO NOT BOIL. Just before serving, beat the 2 eggs in a bowl and add the Romano cheese. Gently stir into the hot, hot soup. Serve with more grated Romano cheese.**

**Fran Krautheim**

**In a Dutch oven or heavy soup pot, brown the meat in butter (or margarine) and oil; set aside. It will take two batches to brown all the meat. Remove meat; sauté onions until soft. Return the meat to the pan and add the other ingredients. Cover and simmer 1 to 1 1/2 hours or until the meat is tender. Makes 8 servings.**

**Linda Gillikin**



1 pound ground chuck  
15-ounce can tomatoes  
20 ounces frozen vegetables for soup  
5 cups water  
1 envelope dry onion soup mix  
15 ounces tomato sauce  
1 teaspoon sugar  
Dash garlic salt

In a Dutch oven, brown the chuck; drain. Return the browned meat to the pan and stir in the remaining ingredients; simmer for 1 hour. Makes 8 servings.

Verta Willis

## CHICKEN SOUP

1 fryer OR 3 pounds chicken parts  
Water to cook  
16 ounces green beans, drained  
32 ounces tomatoes, undrained  
10 ounces frozen butter beans  
1 large onion, chopped  
3 stalks celery, chopped  
3 carrots, sliced  
3 large potatoes, cubed  
Salt and pepper to taste  
Oregano to sprinkle on top

Boil chicken in water until done; debone and cut into pieces. Drain the beans. Into the broth from the chicken add the remaining ingredients except oregano. Simmer about 1 1/2 hours or until the vegetables are tender, adding water if necessary. Add chicken; adjust seasonings. When serving, lightly sprinkle with oregano. *This soup freezes well.*

Vivian Huntley

4 whole chicken breasts

2 quarts water

1 small bunch leeks OR green onions,  
including chopped tops

1 cup long grain natural rice

1 to 2 cloves garlic (pressed)

Pinches each of parsley and paprika

Dash of cooking sherry

Sprinkles of MRS. DASH, salt-free-all

natural, extra spicy seasonings

Carrots, thinly sliced

Celery, thinly sliced

1/4 to 1/2 head cabbage, shredded

## CHICKEN CORN SOUP

1 chicken

8 cups water (cover chicken)

3 large onions

1 egg, beaten

All-purpose flour to thicken

1/2 head cabbage

2 cups fresh OR frozen corn

Salt and pepper to taste

Simmer chicken breast in water until almost tender. Remove the cooked chicken from the stock, debone and break into pieces. Skim the residue from the top of the liquid and return the chicken to the pot. Add more water if necessary and the remaining ingredients except the cabbage. Simmer about 1 hour. Add cabbage and continue to cook 30 minutes longer. *NOTE: This recipe comes from the Immunology Department of Walter Reed Army Medical Research Center by courtesy of Dr. Engler.*

Linda Garrett

Place chicken, water and 1 quartered onion in a large kettle. Bring to a boil and simmer 50 to 60 minutes. Remove chicken from broth, cool and debone. Strain soup and skim off fat. Return broth to kettle and add 2 chopped onions and chopped cabbage. Simmer 10 to 15 minutes. Combine the beaten egg with enough flour to make a thick dough (rivels). Pinch off pieces to add to the soup. Add chicken, corn, prepared rivels, salt and pepper. Simmer 10 minutes. *This family favorite is my Grandmother's recipe. She cooked by taste and smell, so these measurements are approximate.*

Diane Hardy

6 pieces boneless skinless chicken  
 4 quarts chicken stock, remove fat  
 1 cup chopped onions  
 1/3 cup raw rice  
 1 can cream of chicken soup  
 1/2 head fresh broccoli  
 10 ounces drained corn  
 Salt and pepper to taste  
 1/4 teaspoon each Cajun spice,  
 basil, rosemary

### CARTERET COUNTY CLAM CHOWDER

1/4 pound salt pork, cubed  
 1 quart water  
 2 medium potatoes, cubed  
 1 medium onion, chopped  
 1 quart clams, chopped  
 1 quart water  
 Salt and pepper  
 Cornmeal dumplings (see index)



CAJUN CORN AND CRABMEAT SOUP  
 2 cans cream of corn soup  
 1 pound crabmeat  
 1 cup chopped green onions and tops  
 1 tablespoon margarine  
 Salt and white pepper to taste  
 Chopped parsley, garnish

Cook the chicken in enough water to make the stock. Cut into pieces and return to the defatted stock. Add remaining ingredients and simmer 30 minutes. Makes 8 servings.

Joyce Lillard

Fry pork until crisp and brown. Add potatoes, onion, clams and water. Simmer until potatoes are tender, adding water to keep mixture from becoming too dry. Season to taste with salt and pepper. Drop cornmeal dumplings on top of chowder. Cover tightly and simmer 15 minutes.

Emily Clyde Lewis  
 Jane Cantrell

*Marie Edwards adds 1 carrot and 1 stalk of celery to this soup.*

Prepare soup as directed. Add the rest of the ingredients and simmer until onions are tender. Add salt and white pepper to taste. Garnish with chopped parsley if desired.

Jan Blackwell



**3 onions, chopped**  
**3 to 4 thin slices salt pork**  
**1 quart water**  
**3 medium potatoes, chopped**  
**1 quart clams, chopped**  
**16 ounces canned tomatoes, chopped**  
**Salt and pepper to taste**

### **HOLDEN'S CLAM CHOWDER**

**1 pint clams**  
**3 pints water**  
**1/8 cup ham OR bacon grease**  
**1/2 cup chopped onions**  
**1/2 cup chopped celery**  
**1 cup cubed potatoes**  
**1/2 teaspoon black pepper**  
**1 teaspoon salt**  
**1/2 cup flour**  
**1/4 cup water (more if needed)**

**Cook onions and salt pork together until the onions are almost transparent and the salt pork is lightly browned. Add the water and potatoes, bring to a boil and cook for 10 minutes. Add the clams and tomatoes. Simmer for 10 minutes. Season to taste. Thin with water if the soup becomes too thick. *The more this soup is reheated, the better it becomes.***

**Fran Krautheim**

**Remove clams from juice and save juice. Chop clams "fingernail fine". DO NOT WASH. In a saucepan, combine chopped clams, reserved juice and 3 pints of water. Bring to a boil. Skim off dark matter that rises to the top. Add grease, onions and celery. Allow this to boil gently one hour, adding water as necessary to maintain volume level. Add potatoes and cook for 15 minutes; add pepper and salt. When the potatoes are tender, thicken with flour mixed in water.**

**Holden Ballou**

6 ounces crabmeat, frozen can be used  
 2 1/2 cups milk  
 2 cans cream of celery soup, undiluted  
 1 cup half-and-half  
 2 tablespoons butter OR margarine  
 2 hard-cooked eggs, chopped  
 1/2 teaspoon Old Bay seasoning  
 1/2 teaspoon Worcestershire sauce  
 1/8 teaspoon garlic salt  
 1/4 teaspoon white pepper  
 1/4 cup dry sherry  
 Fresh parsley garnish

### **SHE-CRAB SOUP**

6 tablespoons butter  
 1 tablespoon all-purpose flour  
 2 cups light cream  
 2 cups milk  
 1 teaspoon Worcestershire sauce  
 1/4 teaspoon salt  
 1/4 teaspoon grated lemon peel  
 1/4 teaspoon ground mace  
 1/4 teaspoon white pepper  
 1 pound lump crabmeat with crab roe  
 Dry sherry  
 Paprika

Thaw crabmeat (if frozen) according to package directions; drain and flake. Set aside. Combine all remaining ingredients, except crabmeat, in a 3-quart casserole. Cover and microwave on HIGH 4 minutes; stir well. Cover and microwave on MEDIUM 5 minutes. Stir in crabmeat; cover and microwave on MEDIUM 6-8 minutes. Garnish each serving with parsley, if desired. Makes about 2 quarts.

Cliffon Lynch

In a saucepan, blend melted butter and flour, stirring constantly, add cream and milk. Next, add the Worcestershire sauce, salt, lemon peel, mace and pepper. Add crabmeat and cook slowly for 20 minutes. DO NOT BOIL! Remove from heat. If unable to obtain "she-crabs" with eggs, sprinkle crumbled hard cooked egg yolks in bottom of individual soup bowl. Pour soup into bowls and add 1 teaspoon sherry to each bowl. Sprinkle with paprika. Makes 6 to 8 servings.

Dottie Lynch

1 pint + 1/2 cup milk

1 pint whipping cream

1/4 cup cracker crumbs

1/2 stick butter OR margarine

2 tablespoons sherry

1/8 teaspoon grated onion

1/8 teaspoon black pepper

1/16 teaspoon mace, optional

Salt to taste

2 cups white crabmeat, cooked

1/4 cup crab roe, optional

### KING'S ARMS TAVERN'S CREAM OF PEANUT SOUP

1 medium onion, chopped

2 ribs celery, chopped

1/4 cup butter

3 tablespoons all-purpose flour

2 quarts chicken stock OR

canned chicken broth

2 cups smooth peanut butter

1 3/4 cups light cream

1/2 cup peanuts

Place 1 pint of the milk and 1 pint of cream in medium saucepan over very low heat. Mix together the cracker crumbs and other 1/2 cup milk. Set aside. Add margarine, sherry, onion, pepper, mace and salt to the milk mixture. Slowly add the cracker crumb/milk mixture to the soup and gently cook until the mixture begins to thicken. Add the cooked crab and roe last. Heat, BUT DO NOT BOIL. *This is a very rich, but very good soup.* Makes 6 to 8 servings.

Alice Windley

Chop peanuts. Sauté onions and celery in butter until soft BUT do not brown. Stir in flour until well blended. Add chicken stock, stirring constantly and bring to a boil. Remove from heat and puree in a food processor or blender. Add peanut butter and cream. Stir to blend thoroughly. Return to low heat, but do not boil. Serve garnished with chopped peanuts. *This is also good served ice cold.*

Dottie Lynch

*Cool soup or meat stock uncovered, otherwise it may sour.*



**3 pints strawberries**  
**1/2 cup red wine**  
**1/2 cup orange juice**  
**1/3 cup honey**  
**3 cups cold water**  
**1/2 cup sour cream (optional)**

## **COLD CUCUMBER SOUP**

**1 1/2 cups sour cream**  
**1 teaspoon dill weed**  
**1 tablespoon Worcestershire sauce**  
**1/2 teaspoon celery salt**  
**1 tablespoon lemon juice**  
**1/4 teaspoon pepper**  
**2 green onions, coarsely chopped**  
**3/4 teaspoon salt**  
**3 medium cucumbers, peeled and chopped**

Rinse, dry and hull berries; cut in half. In a deep, medium saucepan over low heat, combine wine, juice and honey with the water and bring to a simmer. Remove from heat and add berries. Allow to cool. Puree soup in batches until smooth. Transfer to a serving bowl large enough to hold all the soup and chill. Before serving, garnish the soup, if desired, with sour cream. It is best to thin the sour cream by beating with a fork. *This soup is only slightly sweet and it is refreshing on a warm day...an elegant starter to any meal.*

Cookbook Committee

Combine all ingredients in the blender container; process until smooth. Chill thoroughly. Makes 2 1/2 to 3 cups.

Jeanne Simpson



**4 cucumbers**

**2 cups plain yogurt**

**1/4 cup honey**

**1/4 cup packed mint leaves**

**2 teaspoons garlic powder**

**1/16 teaspoon salt (dash)**

**Cucumber and mint leaves for garnish**

### **COLD PEACH SOUP**

**16 ounces frozen peach slices,**

**reserve 1/2 cup for garnish**

**3/4 cup pineapple juice**

**1/2 cup orange juice**

**3 tablespoons sugar**

**1/2 cup sour cream**

**1/2 cup half-and-half**

**1/4 cup dry white wine**

**1 tablespoon lemon juice**

**1/4 teaspoon cinnamon**

Peel, cut in half lengthwise, and seed the cucumbers. Set aside 1/2 the cucumber. Puree the remaining cucumber, yogurt and honey until smooth. Add the remaining ingredients and puree about 15 seconds until the reserved cucumber and mint is chopped. Chill at least 1 hour. Garnish with additional cucumber and mint. Makes 4 servings.

Place peaches, juices and sugar in blender. Blend until smooth. Add remaining ingredients and blend again until smooth. Pour into bowl. Dice remaining peaches slices and stir into soup. Refrigerate until well chilled. 8 servings.

Beth Lillard Lupton

1 1/2 cups tomato juice OR vegetable juice  
 1 beef bouillon cube  
 1 tomato, chopped  
 1/4 cup chopped unpared cucumber  
 2 tablespoons chopped green pepper  
 2 tablespoons chopped onion  
 2 tablespoons wine vinegar  
 1 tablespoon oil (optional)  
 1/2 teaspoon salt  
 1/2 teaspoon Worcestershire sauce  
 3 drops hot pepper sauce  
 Herbed croutons, chopped tomato,  
 green pepper, etc. garnish

### **VICHYSOISE**

3 medium leeks, sliced  
 2 tablespoons butter OR margarine  
 3 medium potatoes, peeled and sliced  
 4 cups chicken broth  
 1 cup milk  
 2 cups half-and-half, well chilled  
 Chopped chives for garnish  
 1/2 teaspoon salt

Heat juice to boiling and add bouillon cube; stir until dissolved. Remove from the heat. Stir in remaining ingredients except garnishes; chill several hours. Serve soup and pass garnishes. Makes five 1/2 cup servings.

Cookbook Committee

In a large saucepan, sauté leeks in butter until tender. Add potatoes and broth. Cover; simmer 15 to 20 minutes or until potatoes are tender. Process in blender until smooth. Stir in milk and salt. Refrigerate until chilled. Just before serving, stir in chilled cream and beat vigorously with a fork until blended. Garnish with chives.

Beth Lillard Lupton



## **BARBECUE FOR SANDWICHES**

1 can corned beef  
1 onion, chopped  
1 clove garlic, chopped  
1 cup catsup  
1 teaspoon vinegar  
Salt to taste  
1 teaspoon sugar  
1 teaspoon chili powder  
1/4 cup Worcestershire sauce  
1 cup water

Simmer all together for 2 hours, stirring occasionally. Serve on hamburger buns.

Joyce Gibbs

## **VEGETABLE SANDWICH SPREAD**

8 ounces cream cheese, softened  
1/4 cup minced onion  
2/3 cup finely grated carrots  
1/4 cup finely chopped celery  
1/4 cup finely chopped green pepper  
1/4 cup finely chopped cucumber  
2 teaspoons lemon juice  
1 teaspoon mayonnaise  
1/4 teaspoon salt  
1/8 teaspoon pepper

Beat cream cheese until light and fluffy. Stir in remaining ingredients. Serve as open face sandwiches or on party rye bread for an appetizer.

Anna Lou Haskins

**2 slices bread**

**Sandwich spread, mayonnaise type**

**1 banana, sliced**

**5 slices bacon, cooked**

**1 peach, sliced**

**Sugar to sprinkle**

Butter each slice of bread with salad dressing. Next layer banana, bacon and peaches in that order. Sprinkle a little sugar on top of peaches. Top with the second piece of bread. ***JUICY, BUT GOOD!***  
One serving.

**Sarah Williams**

### **EGG SALAD/CHEESE SPREAD**

**2 cups shredded processed cheese**

**4 hard-cooked eggs, chopped**

**1/2 cup mayonnaise OR salad dressing**

**1/4 cup sweet pickle relish**

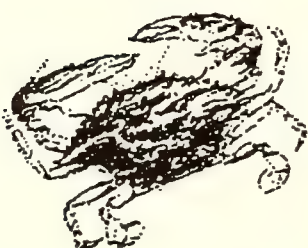
**1 teaspoon prepared mustard**

**Salt and pepper to taste**

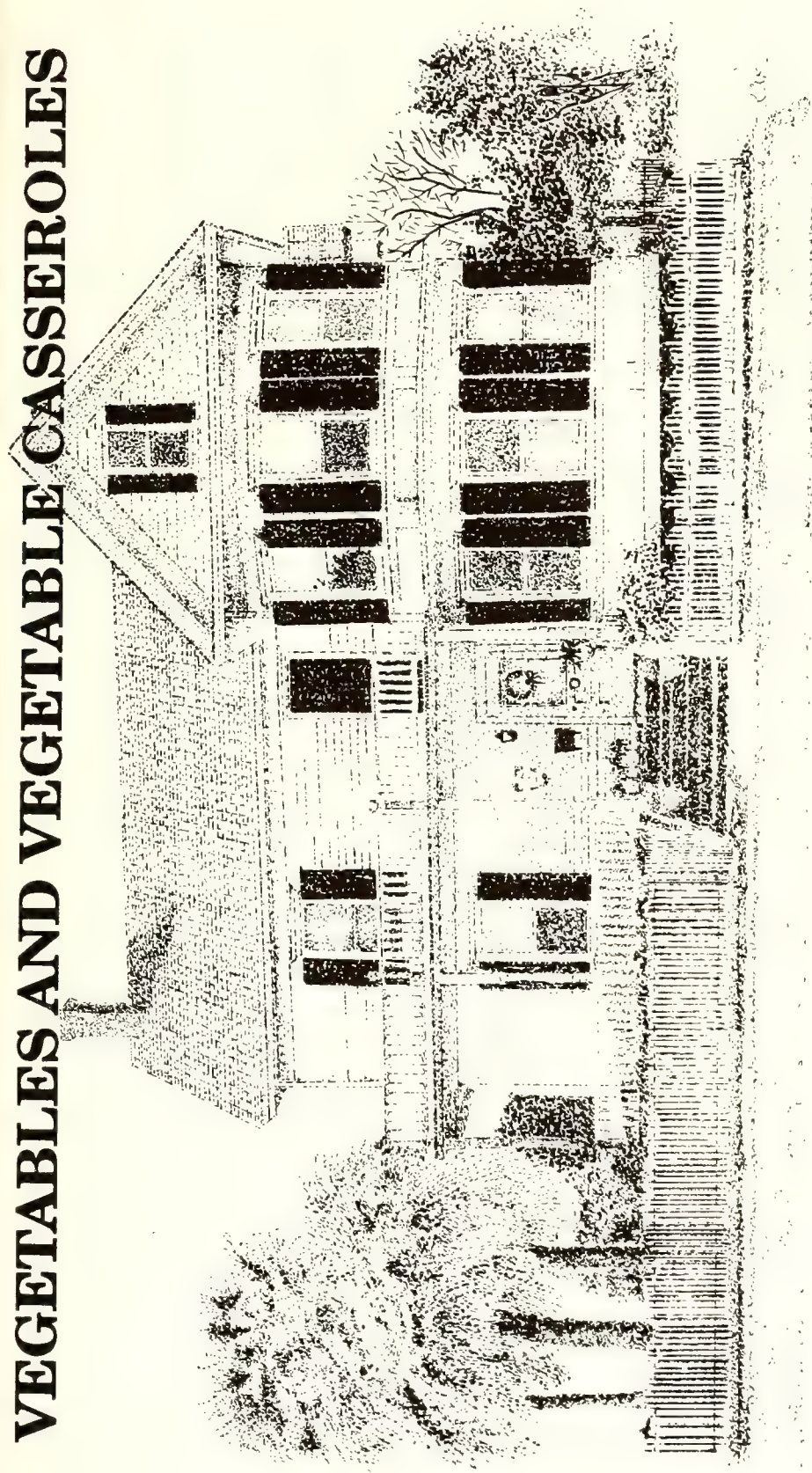
In a mixing bowl combine all ingredients. Makes 3 cups.

**Jane Ledbetter**

**FOR ADDITIONAL SANDWICH FILLING RECIPES CHECK IN PARTY FARE RECIPES**



# VEGETABLES AND VEGETABLE CASSEROLES



**Guthrie House**



This house (Victorian-Queen Anne style) was built by my grandfather, Ernest R. Guthrie, who was a menhaden fisherman. Heart pine lumber was brought by train to Beaufort since the railroad was the only bridge at that time. Construction took about four months. Special woodwork (mantels, doors and stairway) was ordered from Wilmington. The stairway and upstairs hall repeat the banister and rails of the outside porches which at one time surrounded the house on three sides, upstairs and down.

The large yard with her shrubs and flowers was a source of great pride to my grandmother. A fence divided the front and back yards and included a trellis for Mama's yellow roses. Papa brought ballast stones and rocks to make borders for Mama's flower beds. He also brought seeds of the Palmetto Palm from Florida. Four grew to large trees and three are still thriving.

My grandparents loved this house and kept it up to the 1940's when they deeded it to my mother, Minnie Guthrie Bessent. Living here as a child, I learned to love this house and I returned to care for it as Mama hoped I would. This is one of the few old homes in Beaufort owned and lived in by three generations of family members.

Present Owner, Carol Bessent Hayman

Vegetables are the entrance to healthy and flavorful eating, and we are fortunate to live in an area and an age where fresh vegetables are available all year, and our local supermarkets are sources of a wide variety of fine quality vegetables both frozen and canned.

While vegetables constitute a third of the weight of all foods used, they provide less than a tenth of the nation's calories because they have no added sugar or starch!

In the past in the South, vegetables were usually cooked for several hours with fat back or "streak-o-lean". Today, most cooks omit so much fat as seasoning and cook the vegetables only until they are tender but crisp. They are seasoned with bacon drippings, ham, butter or margarine as well as sour cream or sauces, usually with a light touch. An even lighter touch is to season vegetables with citrus fruits, onions, garlic and fresh herbs.

We have included recipes on how to cook collards (a Southern staple in many homes), Fried Green Tomatoes, Cranberry Beets and Spinach Fantastic. Every true Southern cook has at least one corn pudding, one sweet potato, one broccoli and one pineapple recipe. You will find more than one recipe for the last four foods mentioned but there are enough differences in the ways we cook these foods to include more recipes! While pineapple is not a vegetable, sooner or later pineapple will be used as a side dish with main meals in most every home.

### **MAMA'S FRIED APPLE RINGS**

**1 apple per person**

**Bacon grease**

**Sugar**

Wash, dry and slice tart apples into 1/4-inch rounds. Add bacon grease to 1/4-inch deep in a cast iron skillet and gently cook the apples until they are tender and have changed to a golden yellow color, turning once. Remove and drain on brown paper bags. As they cool, sprinkle the slices with sugar.

Fran Krautheim

**1 pound fresh asparagus**  
**3 tablespoons oil**  
**1/4 cup water**  
**1 small onion, minced**  
**4 ounces sliced mushrooms, drained**  
**1/2 teaspoon salt**  
**1/2 teaspoon pepper**  
**1 cup cream**

Joyce Lillard

Wash asparagus and slice diagonally into 1 1/2-inch pieces. Put oil and water in a large skillet and bring to a boil. Add asparagus, onion, drained mushrooms, salt and pepper. Cook, covered for 8 to 10 minutes, shaking skillet occasionally. Add cream. Reheat slightly but DO NOT BOIL. Serves 4.

### **ASPARAGUS-CRABMEAT BAKE**

**1 stick margarine**  
**1/2 cup all-purpose flour**  
**2 cups milk**  
**1/2 pound sharp Cheddar cheese**  
**2 large cans asparagus spears**  
**6 hard-cooked eggs, sliced**  
**1 pound crabmeat**  
**Potato chips**  
**1/2 cup almonds, slivered**

Beth Lupton

Make a cheese sauce by melting margarine and adding flour; stir. Gradually add milk and continue stirring until smooth and thickened. Add the cheese and stir until melted. Set aside. In a large, flat pyrex dish, layer asparagus, egg slices and 1/2 the cheese sauce. Place all the crabmeat over the mixture and add the remaining cheese sauce. Cover the top with crushed potato chips and slivered almonds. Bake 40 minutes at 350°. Serves 10.

### **BOSTON BAKED BEANS**

**16-ounce can pork and beans**  
**4 tablespoons dark brown sugar**  
**1/2 cup chopped onion**  
**1 tablespoon prepared mustard**  
**2 tablespoons molasses**  
**Bacon strips**

Gerry Beveridge

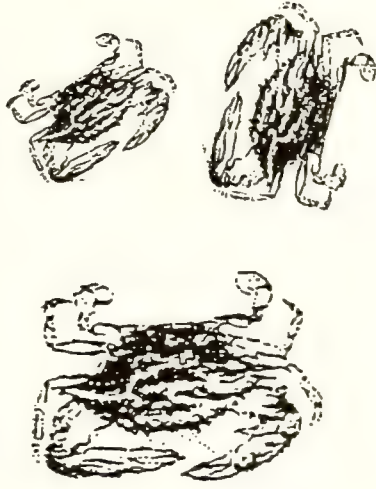
Set bacon aside. Combine ingredients in a 1 1/2-quart baking dish and cover with strips of bacon. Bake at 400° until the bacon is cooked crisp.



**3 slices bacon**  
**1 medium onion, chopped**  
**1 medium green pepper, chopped**  
**16 ounces limas, drained**  
**2 16-ounce cans pork and beans**  
**1/2 cup chili sauce**  
**15.5 ounces kidney beans**  
**3 tablespoons vinegar**  
**2 tablespoons brown sugar**  
**1/4 teaspoon pepper**  
**1/2 teaspoon dry mustard**

### **WHITE BEANS**

**1/2 pound dry white OR navy beans**  
**Water to cover beans, twice**  
**4 to 5 slices bacon**  
**Salt and pepper to taste**



Cook bacon in medium skillet until crisp; drain. Reserve 2 tablespoons drippings in skillet. Crumble bacon and set aside. Sauté onion and green pepper in drippings until tender. Combine onion mixture, bacon and remaining ingredients; stir well. Spoon into a greased 2 1/2-quart casserole. Bake, uncovered, one hour at 350°. Makes 8 to 10 servings.

**Betty Weeks**  
*Carol Willis uses 3 18-ounce jars of baked beans (don't drain) in place of the pork and beans and the chili sauce. She also doubles the ingredients and adds 1 teaspoon garlic powder to make her BAKED BEANS AND MORE BEANS. Bake in 2 lightly greased 2-quart baking dishes, stirring every 15 minutes. Both recipes may be prepared a day ahead, refrigerated, and baked just before serving.*

Pick over the beans to remove stones or dark beans. Place the beans in a pot and cover with water for several hours or overnight. The beans will swell so be sure the pot is large enough. Drain the beans and add enough fresh water to cover the beans. Add the bacon and boil (adding more water if necessary) until the beans are very soft (approximately 2 hours). Add salt and pepper to taste. *Some people serve the beans in a bowl over crumbled corn bread and sprinkle chopped onions on top! That's good eating.*

**Elizabeth Murphy**

**1 pound dried white beans**  
**8 cups water**  
**2 chicken OR beef bouillon cubes**  
**1/2 pound lean salt pork**  
**1 bay leaf**  
**3 tablespoons oil**  
**1 teaspoon parsley**  
**1/4 teaspoon sage**  
**1/2 teaspoon rosemary**  
**1/2 teaspoon thyme**  
**3 onions, quartered**  
**1 large tomato, chopped**  
**1 large clove garlic**

### **CRANBERRY BEETS**

**1 pound can small whole beets**  
**8 ounces whole-berry cranberry sauce**  
**1 tablespoon grated orange rind**  
**1 tablespoon cornstarch**  
**1 tablespoon cold water**

In a large covered pot, combine beans with water and boil 2 minutes. Remove from heat and let stand 1 hour. Drain liquid into a 4 cup measure. Add 2 bouillon cubes to 3 cups liquid. Cut pork into strips and fry crisp in the pot; add beans, liquid and rest of the ingredients. Cover; simmer 2 hours and 15 minutes or until beans are tender; remove bay leaf. *These beans are great served by themselves with your favorite type of biscuits or cornbread. A pork roast served with these beans is even better!*

Fran Krauthelm

Put beets and cranberry sauce into a pan and heat until blended. Do Not Drain the beets! Stir in orange rind. Blend cornstarch into the cold water and stir into the cranberry mixture. Cook over low heat, stirring constantly until thickened. *This is good with all pork dishes. Leftovers reheat well. Serves 4.*

Joyce Lillard

*Soak dry beans overnight to shorten cooking time. If you forget to soak them ahead of time, bring the beans to a boil in water deep enough to cover, cover the beans and let them rest for one hour. Drain the beans and proceed with the recipe.*



**2 1/2 pounds fresh broccoli**  
**Salt and pepper to taste**  
**3 tablespoons butter**

### **BROCCOLI BARS**

**10 ounces frozen broccoli**  
**4 tablespoons butter**  
**1 small onion, chopped**  
**3 eggs**  
**1 cup all-purpose flour**  
**1/2 cup chopped mushrooms**  
**1 cup milk**  
**1 teaspoon salt**  
**1 pound Cheddar cheese, grated**  
**1 teaspoon baking soda**

### **STEAMED GREEN CABBAGE**

**4 slices salt pork**  
**1 teaspoon salt**  
**2 tablespoons oil**  
**1 quart boiling water**  
**2 pounds green cabbage**  
**4 all-purpose potatoes**

Wash broccoli and split the thick heads. Place the broccoli in boiling, salted water with the ends down and the heads out of the water. Cover and cook for 10 to 20 minutes or until ends are tender. Push the heads under the water and cook for 5 minutes longer. Drain. Season with salt, pepper and butter. Broccoli may be served with white or hollandaise (see index) sauce. Serves 6 to 8.

Cookbook Committee

Thaw the frozen broccoli and pat dry between paper towels. Melt butter in a 9x13-inch baking dish. Combine all ingredients together (including butter) and mix well; spoon into pan. Bake at 350° for 35 minutes. Cool slightly before cutting into squares. Serve hot or room temperature.

Irene Leinthall

Place the salt pork, salt, and oil in a sauce pan. Fry out the pork pieces until they are crisp; remove when done. Add 1 quart boiling water. Have the cabbage cleaned and outside green leaves sliced thin. Put these slices of cabbage and potatoes in the pot and cook for 10 minutes before adding the rest of the finely chopped cabbage. When tender (*please don't overcook*), remove the cabbage from the pot and chop again. *Serve this with fresh, hot cornbread!!!*

Ruby Dudley



1 pound potatoes, cooked  
 1/2 head cabbage, cooked and chopped  
 2 tablespoons milk  
 2 tablespoons butter  
 1 egg  
 1 teaspoon Worcestershire sauce  
 1 teaspoon mustard  
 1 tablespoon chives  
 Salt and pepper to taste  
 1/4 cup all-purpose flour  
 Shortening

Cook potatoes and cabbage separately. Beat potatoes with milk, butter, egg and seasonings. Add cabbage; mix well. Divide into 8 patties, sprinkle with flour. Heat shortening in a heavy pan, saute until lightly browned. Makes 8 patties.

Thelma Ward

### RED CABBAGE WITH APPLES

1 medium red cabbage, shredded  
 2 tablespoons chopped onion  
 2 tablespoons bacon drippings  
 2 medium apples, cored, thinly sliced  
 1/2 teaspoon salt  
 1/2 teaspoon caraway seeds  
 1/4 cup red wine vinegar  
 1/4 cup packed brown sugar

Place cabbage in cold water to soak; set aside. In a Dutch oven, sauté onion in bacon drippings until tender. Drain cabbage and add to onions. Cover and cook 10 minutes. Add apples, salt, and seeds to mixture; stir lightly. Cover and cook 10 more minutes or until all is tender. Combine vinegar and sugar. Stir into cabbage. Cover and simmer an additional 5 minutes.

Irene Leinthall

*Place onions in deep freezer for 4 or 5 minutes before peeling for less tears;  
 also cut the root end off last.*

**1 head fresh cauliflower**  
**1/2 cup mayonnaise**  
**1 tablespoon chopped onion**  
**1 teaspoon prepared mustard**  
**1/4 teaspoon salt**  
**1/2 cup Cheddar cheese**

Wash cauliflower and place in casserole dish with 1/4 cup water. Cook in microwave on high for 9 1/2 minutes. Drain. Combine mayonnaise, onion, mustard and salt. Spoon over cauliflower and sprinkle with cheese. Microwave on high 1 1/2 minutes. Cut into quarters and serve. 4 servings.

Martha James

## **LEMON GLAZED CARROTS**

**1 1/2 pounds carrots**  
**1 tablespoon minced onion**  
**1/2 cup butter**  
**3/4 cup brown sugar**  
**1 1/2 teaspoons grated lemon rind**  
**Juice of one lemon**

Peel and quarter carrots. Cut each quarter into 3-inch strips. Boil just until tender and drain. Sauté onion until golden brown in the butter. Add sugar, lemon rind and juice. Heat until sugar dissolves completely; pour over cooked carrots. *May be made ahead and reheated.* Serves 4.

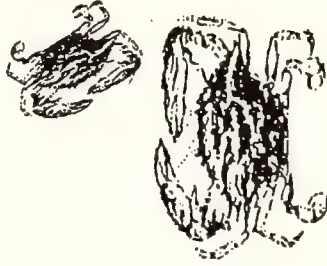
Carole Williford

## **COLLARDS**

**1/4 pound salt pork**  
**Boiling water**  
**4 pounds collards**  
**Salt and pepper to taste**

Wash salt pork and score to the rind. Place in a very large pan and add about 1 inch boiling water. Cook until tender. Wash collards until clean and add to saucepan. Cook until the greens are tender, adding water sparingly, if needed. Chop greens well before serving. *Collards that have been hit by the frost will take much less cooking time. Summer collards need long cooking and some sugar! Be sure to add cornmeal dumplings to the pot the last 15 minutes of cooking time (see index). Serve with hot vinegar or pepper jelly...that's in the index, too!*

Jane Cantrell



### CORN FRITTERS

- 1 1/2 cups sifted all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 egg, beaten
- 1 can creamed corn

### CORN PUDDING

- 2 cups canned, fresh OR frozen corn
- 4 tablespoons sugar
- 1/4 teaspoon nutmeg
- 1 teaspoon salt
- 2 eggs, well-beaten
- 1 teaspoon vanilla
- 2 to 3 tablespoons all-purpose flour
- 3 tablespoons butter, melted
- 4 tablespoons evaporated milk

### CORN PUDDING II

- 1 can creamed corn
- 1 egg
- 2 tablespoons all-purpose flour
- 2 teaspoons sugar
- Salt and pepper
- Butter

Mix all ingredients together, pour 1/4 cup batter into a greased hot skillet and fry until golden brown. If you wish, you may use 1 1/2 cups self-rising flour, egg, and creamed corn.

Harriette Kirk

Mix the ingredients as listed and pour into a well-buttered 1-quart casserole dish. Bake in a preheated 350° oven for 40 to 55 minutes until golden.

Gerry Beveridge  
*Blanche Merrill reduces the sugar by half and does not add the canned milk; she adds 1/2 cup chopped green pepper and 1/4 cup shredded sharp Cheddar cheese.*

Mix the ingredients together and dot with butter. Bake at 350° for 40 minutes or until brown on top.

Julia Moore  
*Macon Snowden and Harriette Kirk both add 1/2 cup milk to the recipe.*



**2 cans cream corn**  
**2 cans whole corn**  
**2 eggs**  
**1/2 cup sugar**  
**1/4 cup milk**  
**Dash of pepper**

### **EGGPLANT SOUFFLE**

**1 large OR 2 small eggplants**  
**Boiling, salted water**  
**2 eggs, beaten**  
**1/2 cup milk**  
**1/2 cup bread crumbs**  
**1/2 onion, chopped**  
**Salt and pepper**  
**3/4 cup shredded cheese**  
**1/4 cup melted butter**  
**3/4 cup cracker crumbs**

### **STEWED ONIONS AND POTATOES**

**4 slices bacon**  
**2 cups chopped green onions**  
**5 large diced potatoes**  
**2 cups water**

Mix all ingredients together. Pour into a greased 9x13-inch glass baking dish and bake 1 hour at 350°, or until golden brown.

Barbara Willis

Pare eggplant and cut into 1/2-inch slices; cook in boiling salted water about 15 minutes or until tender. Drain well and mash. Add eggs, milk, bread crumbs, onion, salt, pepper, and cheese; blend well. Place in a greased 1 1/2-quart casserole dish. Combine butter and cracker crumbs; sprinkle over top. Bake at 350° for 30 minutes. Makes 6 to 8 servings.

Frances Piver

Cook bacon in a large, iron skillet. Remove the bacon and add the onions to the drippings; cook until waxy looking. Add potatoes and water. Bring to a boil, cover and cook until potatoes are done. Chop the bacon and stir into the potatoes.

Harriette Kirk

5 large Vidalia onions, peeled  
and sliced into rounds  
2 sticks margarine  
24 Ritz crackers, crushed  
Parmesan cheese

### SCALLOPED PINEAPPLE

1/2 cup margarine  
4 cups bread crumbs  
3 eggs  
1 cup sugar  
1/2 cup evaporated milk  
15 ounces crushed pineapple

### CHEDDAR PARMESAN POTATOES

1/4 cup butter OR margarine  
1/4 cup all-purpose flour  
2 cups milk  
1/2 teaspoon salt  
1/2 cup grated Parmesan cheese  
1 cup shredded Cheddar cheese  
5 cups sliced, cooked, peeled potatoes  
1/4 cup buttered bread crumbs

Sauté onions in margarine until clear. Layer 1/2 the onions in a 1 to 1 1/2-quart baking dish. Sprinkle with 1/2 the crackers and cover lightly with Parmesan cheese. Repeat. Bake at 350° for 30 minutes.  
Irene Leinthall

Combine margarine and bread crumbs; mix well. Combine eggs, sugar and milk. Beat until blended. Add bread crumbs and undrained pineapple, stirring well. Pour into a lightly greased 2-quart casserole. Bake uncovered at 350° for 1 hour. Makes 6 to 8 servings.

Minnie Bessent

*Ann Williams only uses 3/4 cup sugar.*

In a sauce pan, melt butter over low heat. Stir in flour until smooth. Gradually add milk. Cook and stir over medium heat until mixture thickens. Remove from heat. Add salt and cheeses; stir until cheese melts. Add potatoes; stir gently to mix. Place in greased 2-quart baking dish. Sprinkle bread crumbs on top. Bake, uncovered at 350° for 30 to 35 minutes. Makes 6 to 8 servings.

Martha James

**6 medium potatoes, peeled and sliced 1/4-inch thick**  
**6 medium onions, peeled and sliced**  
**1/2 cup melted margarine**  
**1 clove garlic, crush**  
**3/4 teaspoon salt**  
**1/4 teaspoon pepper**  
**1/4 teaspoon celery salt**  
**Paprika to sprinkle**



### **GOLDEN CRUMB POTATOES**

**3 tablespoons butter**  
**1/3 cup cornflake crumbs**  
**1 teaspoon seasoned salt**  
**1/8 teaspoon pepper**  
**6 medium potatoes, pared and cut in half**

### **MEXICAN STUFFED POTATOES**

**4 medium baking potatoes**  
**8 ounces plain yogurt**  
**1/4 cup skim milk**  
**1/8 teaspoon pepper**  
**4 ounces chopped green chilies**  
**2 ounces pimento**  
**4 large pitted ripe olives, chopped**  
**1/2 cup shredded sharp cheese**

Alternate slices of potatoes and onions in a 9x13-inch pan. Combine the other ingredients and drizzle over the potatoes and onions. Cover and bake at 400° for 30 minutes. Uncover, sprinkle with paprika, and bake an additional 15 to 20 minutes to brown. Serves 8.

Anna Lou Haskins



Melt butter. Combine flakes with salt and pepper. Roll potatoes in butter, then in crumbs. Place potatoes cut side down, in an 8-inch baking pan. Bake at 400° for 50 minutes. Serves 6.

Carol Willis

Wash the potatoes, prick with a fork several times and bake at 400° for one hour. Let cool to the touch; cut in half lengthwise. Scoop out pulp, leaving the shells intact. Set aside the shells. Combine the pulp, yogurt, milk, pepper and mash until light and fluffy. Stir in drained chilies, pimento, olives and 1/2 the cheese. Stuff the mixture back into the potato shells. Place on an ungreased baking sheet. Bake at 375° for 10 minutes. Sprinkle with the remaining cheese and bake 2 minutes longer. Serves 8.

Barbara Pael



3 large potatoes, cut into wedges  
 1/2 teaspoon salt  
 1/8 cup olive OR canola oil (2 tablespoons)  
 1/2 teaspoon paprika  
 1/4 teaspoon garlic salt OR powder  
 Dash of pepper  
 1 tablespoon Parmesan cheese

Preheat oven to 400°. In a large plastic bag, add all ingredients. Close bag and shake until the potatoes are coated. Empty onto a shallow baking pan. (*I keep the bag in the refrigerator so that I can use it again.*) Bake, stirring occasionally until the potatoes are tender and golden brown.

Tabbie Nance

## MAMA'S STEWED RUTABAGAS AND WILD DUCK

*Mama would cut up rutabagas and put them in a large pot along with the ducks and some bacon drippings. She cooked them until they were just tender and then added corn meal dumplings (see index)! We loved it.*

Harriette Kirk

## SPINACH FANTASTIC

1 6-ounce package long grain and wild rice mix  
 2 10-ounce packages frozen chopped spinach, thawed  
 1 tablespoon chopped onion (or more)  
 1/4 cup melted margarine  
 3/4 teaspoon dry mustard  
 1/2 teaspoon salt  
 8 ounces shredded Monterey Jack cheese

Cook rice according to package directions. Press spinach between paper towels to remove excess moisture. Combine rice and spinach. Sauté onions in margarine and add mustard, salt and cheese. Mix ingredients together and pour into a lightly greased 2-quart shallow casserole. Bake uncovered at 350° for 35 to 40 minutes. *NOTE: You can assemble and refrigerate casserole for 8 hours. Remove from refrigerator and let stand at room temperature 30 minutes and bake as directed. Fresh spinach makes this even better!*

Carolyn Whitler

*Why not add fresh tomato slices, grated fresh carrots, thinly sliced celery or cucumbers to a casserole when it has been left over!*

#### **4 medium summer squash**

**Salted water to soak**

**1 cup cornmeal**

**1/2 cup Crisco OR bacon grease**

**Salt and pepper to taste**

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Wash and slice the squash, then soak in salted water for 10 to 15 minutes. Dip in cornmeal, then fry in hot shortening until golden brown on both sides. 4 servings.

#### **SQUASH YUMMY**

**1 1/2 pounds sliced squash**

**1 carrot, thinly sliced**

**1 onion, diced**

**2 cups stuffing mix crumbs**

**1/2 cup melted margarine**

**1/2 cup sour cream**

**1 can cream of mushroom soup**

**1 small jar pimento**

Cook squash, carrots and onion in salted water until partially done. Drain. Add stuffing mix to melted butter. Place half stuffing mix on bottom of 2-quart pan; layer vegetable mix on top. Mix sour cream, soup and pimento and pour over vegetables. Cover with remaining crumb mixture. Bake 35 to 45 minutes at 350°. Can be frozen.

**Patty Springle**

#### **COLORFUL SQUASH**

**2 acorn squash**

**Water to steam**

**2 packages spinach**

**10 mushrooms**

**1 medium onion**

**1 small red pepper**

**Pepper to taste**

**3/4 teaspoon garlic salt**

**2 teaspoons butter**

**Dash of nutmeg**

Cut squash in half and seed. Place in a shallow baking dish, cut side down. Add 1/2 inch water and steam in the oven until tender (about 20 minutes). Cook spinach according to package directions, drain and squeeze dry. Chop the mushrooms, onion and pepper; add the spices and sauté in 2 teaspoons butter, until transparent. Add a dash of nutmeg to the sautéed vegetables. Fill the acorn squash cavity with the spinach mixture and bake at 350° until hot...around 20 to 30 minutes. Serves 4.

**Karen Riemer**

STANDARD SNAPSHOT THE A.C. BUREAU OF A. BUREAU

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1/2 pound sugar snap peas  
Boiling, salted water  
Oil

1/2 pound mushrooms cut into thick slices

Salt and pepper to taste

1 small shallot, rinsed, chopped,  
tips removed



### SWEET POTATO BALLS

3 cups mashed sweet potatoes

1/3 cup white sugar

1/3 cup brown sugar

1 cup crushed pineapple

1 teaspoon vanilla

Large marshmallows

Flaked coconut

Add peas to medium sauce pan of boiling salted water and boil, uncovered, over high heat until tender-crisp, about 3 minutes. Drain in colander. Rinse with cold water and drain well. Heat oil in heavy medium skillet over medium high heat. Add mushrooms and season to taste with salt and pepper. Sauté until tender, about 5 minutes. Add shallots and sauté about 30 seconds. Add peas. Sprinkle with salt and pepper and sauté over medium heat until heated through, 30 seconds to 1 minute. Serve hot. *NOTE: Onions may be substituted for shallots and add as much as you like! For steamed Snap Peas, serve with extra butter immediately after they have been drained from the initial 3 minutes of cooking!*

Pat Humphrey

Mix sweet potatoes, sugars, pineapple and flavorings. Mold enough sweet potato mixture around a large marshmallow to cover it completely. Continue to cover marshmallows until the potato mixture is all used. Roll each ball in the coconut. Place balls in a greased 11x13-inch baking dish and bake for 20 minutes at 325°.

Edna Lewis

*To "fancy-up" vegetables, sprinkle with chopped hard-cooked eggs or egg yolks, chopped toasted nuts, toasted seeds, crumbled bacon or cheese, and canned French-fried onions.*



5 medium sweet potatoes, peeled  
2 cups sugar  
2 tablespoons melted butter  
2 eggs  
4 tablespoons all-purpose flour  
1/3 cup milk  
2 teaspoons allspice  
1 teaspoon cinnamon  
1 teaspoon lemon extract  
1 teaspoon vanilla

Dorothy Harker

### MAMA'S GRATED RAW SWEET POTATO PUDDING

2 eggs  
1 cup sugar  
1 1/2 cups milk  
1/2 cup melted butter  
2 teaspoons vanilla  
1/8 teaspoon salt  
3 cups grated raw sweet potato,  
reserve 1 cup for a brown crust

Preheat oven to 350°. Beat eggs, add sugar, milk, butter, vanilla and salt; add 2 cups grated potatoes. Place in a 2 quart baking dish. Sprinkle reserved cup potato over top. Bake for 25 minutes. Serves 6.

Louise Hunter

*When sautéing vegetables, replace part of the oil with water or broth to cut back on unnecessary calories but great flavor.*

Blend and pour into a greased baking dish.

- 1 cup sugar
- 1/3 cup all-purpose flour
- 1/3 stick margarine
- 3 cups mashed sweet potatoes
- 1/2 teaspoon salt
- 1/2 cup milk
- 2 eggs
- 1 teaspoon vanilla

TOPPING:

- 1 cup light brown sugar
- 1/3 cup all-purpose flour
- 1/2 stick butter OR margarine
- 1 cup chopped nuts
- 1 cup coconut

DIJON TOMATOES

- 4 tomatoes
- 4 slices bread, cubed
- 1 teaspoon garlic powder
- 1 tablespoon Dijon mustard
- Salt and pepper



Blend sugar, flour and margarine until crumbly; add nuts and coconut. Sprinkle evenly over potatoes. Bake at 350° for 25 minutes.

Mildred Whitehurst  
Pat Humphrey

Core tomatoes. Scoop out pulp and place in a mixing bowl. Set tomato shells aside. Mix tomato pulp with bread, garlic, mustard, salt and pepper. Stuff the tomato shells with the filling, place in a lightly greased 8-inch square baking dish and bake at 350° for 30 minutes. *If the tomatoes are really juicy, you may need to use more than one slice of bread per tomato.*

Karen Riemer

*Mix together about 1 tablespoon of your favorite peanut butter with raisins and a little honey; core an apple and fill the hole with the peanut mixture. A great snack for young and old alike.*

**4 medium green tomatoes**  
**Salt and pepper to taste**  
**Flour**  
**Bacon grease**

Slice the tomatoes in 1/2-inch slices; sprinkle with salt and pepper. Cover both sides completely with flour. Brown on both sides in hot grease (or shortening) in a heavy skillet.

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**TOMATO PIE**

**1 uncooked pie crust**  
**2 to 3 tomatoes**  
**1 large onion, sliced**  
**2 tablespoons sugar**  
**All-purpose flour**  
**1 cup grated cheese**  
**2 tablespoons mayonnaise**

Peel, slice and layer tomatoes in the pie crust. Peel and slice one large onion over the tomatoes. Sprinkle with sugar; sprinkle flour over all. Mix together grated cheese and mayonnaise and spread over pie. Cover with foil and bake at 350° for 45 minutes.

Vivian Huntley

**SWISS VEGETABLE MEDLEY**

**16 ounces frozen broccoli, carrots, cauliflower mixture, thawed**  
**1 can mushroom soup**  
**1 cup shredded Swiss cheese, divided**  
**1/3 cup sour cream**  
**1/4 teaspoon pepper**  
**1 small jar pimentos, chopped (optional)**  
**1 can fried onions**

Be sure to thoroughly drain the thawed vegetables. Combine them with soup, 1/2 cup cheese, sour cream, pepper, chopped pimento (if used) and 1/2 can onions. Pour into a 1 1/2-quart casserole. Bake covered at 350° for 30 minutes. Top with remaining cheese and onions. Bake, uncovered, 5 minutes longer. Serves 4 to 6.

Jean Williams

*Have you ever tried orange peel or cinnamon on cooked carrots?*



2 tablespoons margarine, melted  
1 1/2 cups bread crumbs

**FILLING:**

8 to 10 fresh mushrooms, sliced  
1 clove garlic, minced  
1/4 cup onions, chopped  
1 teaspoon vegetable oil  
3/4 cup fresh spinach, chopped OR  
3/4 cup fresh broccoli, chopped  
1/2 teaspoon basil  
Pepper  
1 cup part-skim farmer's cheese OR  
ricotta cheese  
1 cup plain yogurt  
5 egg whites, beaten

**BROCCOLI CASSEROLE**

10 ounces frozen, chopped broccoli  
1/2 cup chopped onion  
1/2 cup butter OR margarine  
1 1/3 cups cooked rice  
8-ounce jar processed cheese  
1 can cream of mushroom soup

Mix crumbs and margarine; pat into pie plate. Sauté mushrooms, garlic and onion in oil. Mix together sautéed vegetables, spinach or broccoli, basil and pepper (to taste); add to pie crust. Sprinkle farmer's cheese over vegetable mixture. Blend yogurt and egg whites and pour over cheese mixture. Bake 425° for 10 minutes. Reduce heat to 350° and continue baking for 20 to 25 minutes. *Low-fat ingredients will cut calories and cholesterol.* Makes 6 servings.

Joyce Gibbs

Combine broccoli and onions. Cook according to package directions. Drain and add remaining ingredients. Stir well. Pour into greased 1-quart casserole dish. Bake at 350° for about 30 minutes. **DELICIOUS!**

Margaret Taylor

*Add a little sugar to all vegetables when cooking to bring out natural flavor.*

### **10 ounces chopped broccoli**

**1/2 cup mushroom soup**

**1/2 small onion, chopped**

**1/2 cup chopped pecans**

**1/2 cup shredded sharp cheese**

**1/2 cup mayonnaise**

**1 egg, well beaten**

**Bread Crumbs**

### **BROCCOLI CASSEROLE III**

**2 packages frozen chopped broccoli**

**1 cup mayonnaise**

**1 can cream of mushroom soup**

**2 eggs, lightly beaten**

**1 medium onion, chopped fine**

**Salt and pepper to taste**

**1 cup grated Cheddar cheese**

**1/2 can water chestnuts, sliced thin**

**Ritz cracker crumbs**

### **BROCCOLI CASSEROLE IV**

**20 ounces frozen broccoli**

**1 cup grated cheese**

**1 can mushroom soup**

**2/3 cup evaporated milk**

**3.5-ounce can French fried onion rings**

Cook the broccoli in water until just tender. Combine with other ingredients. Pour into a well-greased 1 1/2-quart casserole dish. Top with bread crumbs. Bake at 350° for 30 to 45 minutes.

Mary Fond Jones

Cook broccoli until just thawed; drain and mix with remaining ingredients, except Ritz crackers. Pour into a buttered 1 1/2 OR 2-quart casserole and sprinkle with cracker crumbs. Bake at 350° for 45 minutes.

Anne Brown

Cook vegetables for 4 minutes in boiling salted water. Drain well and arrange in greased 8-inch square casserole dish. Sprinkle cheese on top; combine soup and milk. Pour over vegetables. Bake at 350° for 20 minutes. Remove from oven; top with onion rings and bake 10 minutes longer.

Joyce Gutknecht

## **CELERY CASSEROLE**

2 cups sliced celery

- 2 cans cream of chicken soup, undiluted**
- 1 can water chestnuts, sliced and drained**
- 1 1/2 rolls Ritz crackers, crushed**
- 1 stick margarine, softened**
- 1/4 cup slivered almonds, optional**

Cook celery 7 minutes and drain. Combine the celery, soup and water chestnuts. Pour into a greased 1-quart casserole dish. Top with cracker crumbs that have been combined with the margarine, and almonds (if desired). Bake at 350° for 30 minutes or until hot and bubbly.

Carolyn Whitley

## **LIMA BEAN CASSEROLE**

- 2 cups cooked, drained lima beans**
- 16-ounce can tomatoes, chopped**
- 1 cup cooked diced ham**
- 1/2 teaspoon salt**
- 1 teaspoon sugar**
- Dash of pepper**
- 1/2 cup soft bread crumbs**
- Melted butter**



Combine beans, tomatoes, ham and seasonings; mix well and spoon into a buttered 1 1/2-quart casserole. Spread bread crumbs over top, drizzle with butter. Bake at 350° for 30 minutes. Serves 6.

Jeanne Simpson

*Just before you leave home, take the hot foods from the oven. If desired, transfer hot food (such as baked beans, soups, or casseroles) to an electric slow crockery cooker for extra insulation. Wrap the covered dish, container, or crockery cooker in heavy foil, several layers of newspaper, or a heavy towel. Then, place in an insulated container to tote. The food should stay hot for up to 2 hours. If there is electricity at your picnic spot and you have a crockery cooker, your food will stay warm for hours on the low-heat setting (add additional liquid as needed).*



Mix all together and pour into a 2-quart casserole dish.

**16 ounces French style green**

**beans, drained**

**16 ounces shoe peg corn, drained**

**1 cup sharp cheese, grated**

**8 ounces sour cream**

**1 small white onion, chopped**

**1 can celery soup**

**1 small jar pimento, minced**

**Salt, pepper to taste**

**TOPPING:**

**1 tube Ritz crackers, crushed**

**1 stick melted butter**

Sprinkle cracker crumbs on top of casserole and drizzle with melted butter. Cook 45 minutes at 350°.

Sue Perkins

Mildred Whitehurst

## EGGPLANT-SEAFOOD CASSEROLE

**4 medium eggplants, chopped**

**8 to 10 slices bacon, fried**

**2 large onions, chopped**

**1 bell pepper, chopped**

**1 to 1 1/2 cups herbed bread crumbs**

**1 1/2 cups shredded Cheddar cheese**

**Salt and pepper to taste**

**1/2 pound crabmeat and/or shrimp**

**1/4 stick butter**

Place eggplant (peeled OR unpeeled) in a large container about 1/2 full of boiling salted water; cook, covered, until tender. Drain well! Fry bacon and set aside to cool. Sauté onions and peppers in bacon grease until tender. Add eggplant, crumbled bacon strips, bread crumbs, 1 cup of cheese, salt and pepper. Mix thoroughly. Add crabmeat and/or shrimp. Mix well again. Add just enough crumbs to absorb any moisture that may remain in the mixture. Turn into a 3-quart casserole. Cover with remaining breadcrumbs and dot with butter. Bake, uncovered, at 300° until thoroughly heated. 8 to 10 servings. *NOTE: This recipe can also be used as a stuffing.*

Karen Riemer

**20-ounces frozen OR canned French**

**style green beans**

**1 can cream of mushroom soup**

**1/4 cup almonds, slivered**

**2 cups dry stuffing mix**

**2 tablespoons butter, melted**

### **PINEAPPLE CASSEROLE**

**3 tablespoons all-purpose flour**

**1/2 cup sugar**

**15-ounces crushed pineapple,**

**lightly drained**

**3 eggs, beaten**

**3 slices bread, broken into pieces**

### **POTATO CASSEROLE**

**1 cup corn flakes**

**7 to 8 medium potatoes, peeled**

**1 can cream of chicken soup**

**1 medium onion, chopped**

**3/4 cup sour cream**

**1 1/2 cups sharp Cheddar cheese, grated**

**1/4 cup melted margarine**

Cook beans according to directions on package; drain. Combine drained beans, soup and almonds in a greased 2-quart casserole.

Sprinkle stuffing mix on top and pour the butter evenly over the top.

Bake in a preheated 350° oven for 20 minutes. Makes 6 servings.

Kryn Krauthelm

Mix flour and sugar together. Add pineapple and eggs. Pour into greased 1 1/2-quart casserole dish. Break 3 slices bread into small pieces over the top. Bake at 400° for 30 minutes.

Anna Lou Haskins

Crush corn flakes; set aside. Parboil potatoes and grate (or finely cube) and place in bottom of 9x13-inch baking dish. Combine other ingredients (except corn flakes) into a sauce and pour over potatoes. Cut sauce into potatoes using a table knife. Sprinkle with corn flake crumbs. Bake 45 minutes at 325°.

Minnie Bessent

*Leafy vegetables, such as spinach, chard, kale, collards, cabbage, etc., should be slowly cooked in only the water that clings to the leaves.*

2/3 cup chopped onion  
1 tablespoon butter  
20 ounces chopped spinach  
2/3 cup feta cheese  
3 eggs  
12 ounces cottage cheese  
1/2 teaspoon pepper  
1/2 teaspoon salt

### SQUASH-CARROT CASSEROLE

7 cups sliced yellow squash  
1/2 cup chopped onion  
1 can cream of chicken soup  
1 cup sour cream  
1 cup shredded carrots  
2 tablespoons chopped pimento  
2 cups herb-seasoned stuffing mix  
1/4 cup melted butter OR margarine



Sauté onion in butter or margarine in a skillet until tender. Add thawed and drained spinach; cook 5 minutes, stirring frequently. Crumble the feta cheese and combine with the eggs and remaining ingredients. Add to the spinach mixture. Pour into a greased 8-inch square baking pan. Bake at 350° for 25 to 30 minutes. Makes 6 servings.

Beth Lillard Lupton

Cook squash and onions uncovered in salted water for 5 minutes. Drain well. Combine soup, sour cream and carrots; fold in squash. Combine stuffing mix with butter. Sprinkle 2/3 stuffing mix in bottom of casserole dish (12x7-inch). Spoon squash and soup mixture over stuffing mix. Sprinkle top with remaining stuffing mix. Bake 350°, 25 to 30 minutes.

Tina Gilchrist

*Chiyo Rice sometimes adds 1/4 cup water chestnuts. She lightly sautés the vegetables in 4 tablespoons butter instead of cooking them in water.*

*Martha James omits the pimentos.*

*Less sugar is required to sweeten fruit if added at the end of cooking. Adding a little soda to cooked sour fruits and cranberries while they are cooking, lessens the amount of sugar required for sweetening.*



**SQUASH CASSEROLE I**  
 1/2 pound yellow squash, sliced  
 1/2 pound zucchini, sliced  
 1/4 cup melted butter  
 1 egg, beaten  
 1/2 cup mayonnaise  
 1/2 cup onion, chopped  
 1/4 cup chopped bell pepper  
 1 tablespoon pimento  
 1 tablespoon sugar  
 1/2 cup grated cheese  
 1/2 cup cheese Ritz cracker crumbs

**SQUASH CASSEROLE II**  
 1 egg, slightly beaten  
 1/2 onion, chopped  
 1 can cream of mushroom soup  
 1/2 cup cracker crumbs  
 1/2 cup butter OR margarine, melted  
 1 cup grated cheese  
 2 cups cooked squash, well drained  
 1/2 cup buttered crumbs

Mix sliced squash with melted margarine and place in casserole. Combine egg, mayonnaise, onion, pepper, pimento and sugar; spoon over squash. Sprinkle grated cheese on top; cover with cheese cracker crumbs. Bake at 350° for approximately 35 minutes.

Joyce Gibbs

Combine all ingredients except buttered bread crumbs. Place in a greased 1 1/2-quart casserole; top with bread crumbs and bake at 350° for 30 minutes or until hot and bubbly.

Betty Weeks

**2 pounds squash, cooked**  
**1 cup mayonnaise**  
**1 cup Parmesan OR Romano cheese**  
**1 medium onion, chopped**  
**2 eggs, beaten**  
**1/2 teaspoon pepper**  
**1/2 cup Italian flavored bread crumbs**

**Karen Riemer**

### **SUMMER SQUASH CASSEROLE**

**1/2 cup chopped onion**  
**2 cups summer squash**  
**3/4 stick butter or margarine**  
**2 eggs**  
**1 cup sour cream OR evaporated milk**  
**Salt and pepper to taste**  
**2 cups cracker OR bread crumbs**  
**1 cup grated cheese**

Cook the onion and squash in butter until both are tender. Mix the squash and onions with the eggs. Add the milk or sour cream; season to taste. Pour into a greased 1 1/2-quart baking dish; sprinkle with crumbs then cheese. Bake about 25 to 30 minutes at 325°.

**Alma Howard**

### **WINTER SQUASH CASSEROLE**

**6 cups mashed winter squash**  
**1 cup butter OR margarine, melted**  
**6 eggs, beaten**  
**1 cup sugar**  
**1/2 teaspoon salt**  
**1 cup brown sugar**  
**1/4 cup all-purpose flour**  
**1/2 cup sliced almonds**

Combine the mashed squash, 1/2 cup melted butter, eggs, 1 cup sugar and salt; place in an ungreased 9x13-inch baking dish. Combine the remaining ingredients and crumble over the top. Bake, uncovered, at 350° for 45 minutes or until a knife inserted near the center comes out clean. 12 servings.

**Macon Snowden**

**1 1/2 pounds (8 medium) yellow squash**  
**2 small onions, chopped**  
**Old Bay Seasoning (to taste)**  
**1 can cream of chicken soup**  
**8 ounces non-fat plain yogurt**  
**1 small package seasoned stuffing mix**  
**1/2 stick margarine**  
**3/4 cup grated Cheddar cheese**  
**Cooking oil**

### **SWEET POTATO CASSEROLE**

**3 cups mashed, baked sweet potatoes**  
**1 cup evaporated milk**  
**1 cup sugar**  
**1/2 cup margarine**  
**2 eggs, beaten**  
**2 teaspoons vanilla**

### **TOPPING:**

**1 cup brown sugar**  
**1/3 cup all-purpose flour**  
**1/2 stick margarine, melted**  
**1/2 cup chopped pecans**  
**1 cup flaked coconut**

Sauté squash and onion in oil until just tender. Sprinkle with Old Bay seasoning. Mix together the chicken soup and yogurt (can use non-fat sour cream). Mix with the squash and onions. Combine the stuffing mix with the 1/2 stick of melted margarine. Layer in a casserole dish as follows:

Layer of squash mixture  
 Layer of stuffing mix  
 Layer of grated cheese



Repeat layers and bake at 350° for 20 to 30 minutes. Serves 6 to 8.

Jane Hassler

Mix all ingredients and beat well. Pour into a greased 2-quart casserole dish.

Mix until crumbly. Sprinkle over potato mixture and bake about 30 minutes at 350°.

Holly Salter Smith



**16-ounce can French style green beans**  
**16-ounce can whole corn, drained**  
**1/2 cup grated cheese**  
**1 can mushroom soup**  
**8 ounces sour cream**  
**1 can water chestnuts**  
**1 small onion, chopped**  
**1 sleeve Ritz crackers, crushed**  
**1/2 stick butter**

Thelma Ward

Mix all ingredients together except for the cracker crumbs and butter. Pour into a casserole. Top with cracker crumbs. Melt butter; pour over crumbs. Bake 350° for 45 minutes.

### **ZUCCHINI CASSEROLE**

**8 to 10 medium zucchini**  
**3/4 cup butter**  
**1 1/4 cups grated Cheddar cheese**  
**1 1/2 cups sour cream**  
**1/3 cup Gruyère cheese, grated**  
**1/2 teaspoon salt**  
**1/8 teaspoon paprika**  
**1/4 cup chopped chives**  
**1 cup bread crumbs**  
**Parmesan cheese**

Cut zucchini in half lengthwise. Arrange in a buttered casserole dish. Melt butter and add remaining ingredients except for the crumbs and Parmesan. Pour over the zucchini. Sprinkle with bread crumbs, dot with extra butter and sprinkle with Parmesan. Bake at 350° for 45 minutes.

Karen Riemer

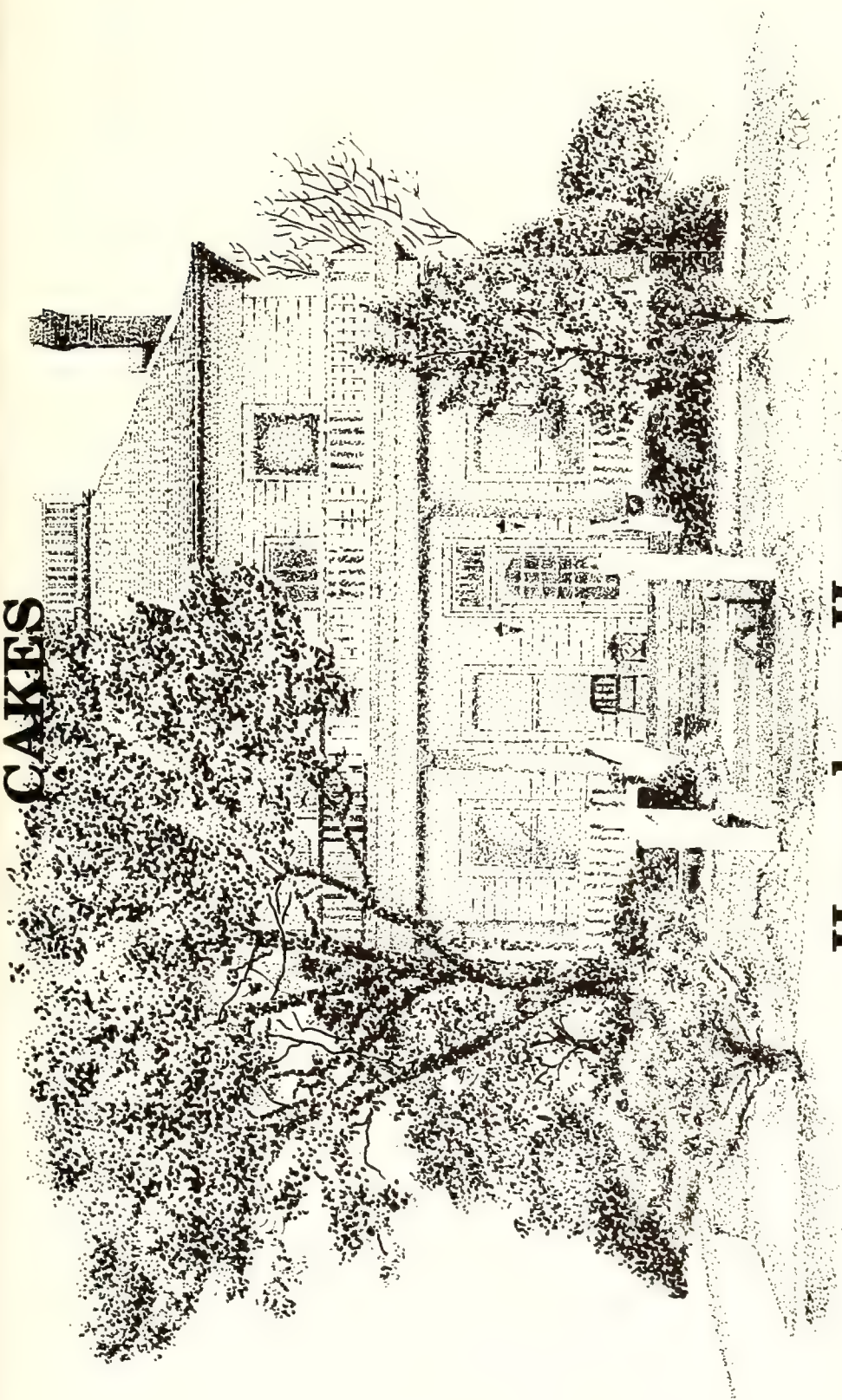
# FAVORITE RECIPES

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CAKES



**Humphrey House**



The Humphrey House, located at 217 Front Street, is a turn-of-the century home. It was opened for the Beaufort Historical Association's Home Tour of Old Beaufort in June of 1980. The home is owned by Mr. and Mrs. Jack Humphrey.

The white exterior presents the typical restless silhouette of Victorian architecture created by the two porches, bay windows, and a steep roof. At the pinnacle of the roof there is a Captain's Walk repeating the railing of the porches. From the upper porch and the Captain's Walk there is a panoramic view of Piver's Island, Radio Island, Carrot Island, and the Beaufort Inlet with the Atlantic Ocean beyond.

In 1907 Thomas Thomas bought the lot and a small house which stood on it. He removed the old house and replaced it with the present structure. Between 1907 and 1941 this house has been home to numerous families. The Humphrey family bought the house in 1941. The present owners have occupied the house since 1976 and have done extensive renovation and repair.

Present owners, Jack and Pat Humphrey

Baking a cake can be exciting and many inexperienced cooks start their cooking career with cakes.

Birthdays, weddings, anniversaries, picnics and holidays are just a few of the occasions that inspire us to bring forth special cakes. Included in our collection are quick and easy cakes as well as elegant creations for those special occasions. All are a joy to eat!!

Ann Street United Methodist Church has its share of excellent cake makers and their even grained, tender, light and delicately flavored achievements can be seen and tasted at all church dinners. Any Heritage Day "Dinner on the Grounds" (the last Sunday in June), will have on display a variety of these beauties such as Fig Cake, Pineapple Cake, a large variety of Pound Cakes, and Aunt Beulah's Plain Cake with maybe Anna Lou Haskins' Lemon Filling and One Minute Chocolate Icing. Bake your favorite in layers, loaves, sheets or cupcakes and remember to save a big slice for the preachers!!!



### **ANGEL FOOD CAKE**

- 1 cup cake flour**
- 1 1/2 cups powdered sugar**
- 12 egg whites, room temperature**
- 1 1/2 teaspoons cream of tartar**
- 1/4 teaspoon salt**
- 1 cup sugar**
- 1/2 tablespoon vanilla**
- 1/2 teaspoon almond flavoring**

Heat oven to 375°. Stir together the flour and powdered sugar; set aside. In a large mixing bowl, beat the egg whites, cream of tartar and salt; add the 1 cup sugar (1 to 2 tablespoons at a time), until the meringue has stiff peaks. Carefully fold in the vanilla and almond extracts. Sprinkle the flour/sugar mixture over the egg whites and FOLD in. Do not add more than 1/3 to 1/2 cup of flour at a time. When all the flour mixture has been folded in, pour into an ungreased tube pan. Bake 30 to 35 minutes. Be sure to cool the cake completely (upside down) before removing from the pan. (Some people invert the pan on a funnel, others on a pop bottle.)

**BASIC WHIPPED CREAM**

1 cup chilled whipping cream  
3 tablespoons white OR powdered sugar

1/3 cup green creme de menthe OR  
1/4 cup honey and 1/2 teaspoon ginger OR  
1/2 cup white creme de cacao OR  
3/4 cup packed brown sugar and  
1 teaspoon vanilla OR  
1/2 teaspoon cinnamon, nutmeg, almond  
OR peppermint flavoring

**GLAZES FOR ANGEL FOOD CAKES:**

**BASIC GLAZE**

1/3 cup BUTTER  
2 cups powdered sugar  
1/2 tablespoon vanilla  
1 tablespoon hot water

***Variations of Basic Glaze:***

Add 2 ounces of melted chocolate  
along with the sugar OR  
Substitute orange, lemon, pineapple  
juice for the vanilla and water OR  
Substitute 1/2 tablespoon rum  
flavoring for the vanilla OR  
Add 2 tablespoons White rum

In an icy cold mixing bowl, beat the cream and sugar until stiff.

If you desire, you may add one of these ingredients during the last minute of beating to have flavored whipped cream.



Melt the butter and blend in the sugar and vanilla. Stir in the water a little at a time (you may need just a bit more water), until the glaze is the proper consistency to flow easily.



**1 1/2 cups powdered sugar**  
**2 tablespoons soft BUTTER**  
**1/2 teaspoon almond extract**  
**2 tablespoons hot water**

#### **LEMON GLAZE**

**1 cup powdered sugar**  
**1 teaspoon lemon juice**  
**About 2 tablespoons milk**  
**1 drop yellow food coloring (optional)**  
**1/2 teaspoon grated lemon peel (optional)**

#### **CHOCOLATE ANGEL FOOD CAKE**

**1 1/2 cups egg whites (1 dozen)**  
**3/4 cup sifted unbleached flour**  
**1/4 cup cocoa powder**  
**1 teaspoon cream of tartar**  
**1 teaspoon vanilla**  
**1/2 cup honey**

Mix together until smooth.

Mix all ingredients until they are smooth and the consistency you want.

Cookbook Committee

Bring the egg whites to room temperature. Sift the cocoa and flour together at least three times. Set aside. Beat the egg whites on high until foamy and add the cream of tartar and vanilla. Continue beating until the eggs form soft peaks; add honey a little at a time. Beat on medium until stiff peaks form. Sift 1/4 the flour over the egg whites and FOLD in. Continue adding the flour in this manner until all the flour is used. Spoon the batter into an ungreased angel food cake pan and bake at 350° for 30 to 35 minutes. Invert the pan onto the neck of a bottle and allow the cake to cool completely before removing from the pan.

*To save calories, use 3 tablespoons of cocoa in place of 1 ounce of solid chocolate.*

**3 eggs**

**1 1/2 cups oil**

**3 cups all-purpose flour, sifted**

**2 cups sugar**

**1 teaspoon salt**

**1 teaspoon baking soda**

**1 teaspoon vanilla**

**3 cups chopped apples**

**1 cup chopped nuts**

***FROSTING:***

**1/2 cup butter**

**2 tablespoons milk**

**3/4 cup brown sugar**

**1/2 teaspoon vanilla**

## **APPLE PIE CAKE**

**1/4 cup butter**

**3/4 cup sugar**

**1 egg**

**1/2 teaspoon salt**

**1 teaspoon cinnamon**

**2 cups nut pieces**

**1/2 teaspoon nutmeg**

**1 cup flour**

**1/8 teaspoon ground cloves**

**2 cups chopped apples**

Beat eggs; add oil, flour, sugar, salt and soda. Beat well. Add vanilla, apples and nuts. Mix ingredients well. Bake in greased and floured tube pan at 325° for 1 hour and 15 minutes or until toothpick comes out clean.

For frosting, cook butter, milk, brown sugar, and vanilla until mixture comes to a slow bubble. Pour over cake.

Jean Williams  
Patty Springle

In a saucepan over medium heat, melt butter. Add sugar and egg, mixing well. Add remaining ingredients; mix well and pour in a greased pie pan. Bake for 20 to 30 minutes at 350°.

Sarah Williams

**2 1/2 to 3 cups all-purpose flour**

**2 cups sugar**

**1 1/2 teaspoons salt**

**1 1/2 teaspoons baking soda**

**3/4 teaspoon cinnamon**

**1/4 teaspoon baking powder**

**1/2 teaspoon allspice**

**1/2 teaspoon cloves**

**1/2 cup water**

**1 1/2 cups chunky apple sauce**

**2 eggs**

**1/2 cup shortening**

**1/2 cup chopped nuts**

**1 cup raisins**

**GLAZE:**

**1 stick margarine**

**1 cup brown sugar**

**1/4 cup milk**

**CARAMEL ICING:**

**3 cups brown sugar**

**1 cup cream**

**1/2 cup BUTTER**

**1 1/2 teaspoons vanilla**

**Dash of salt**

**Powdered sugar**

Preheat oven to 350°. Grease and flour 9x13-inch pan. Mix all ingredients on low until well blended. Beat on high 3 minutes longer. Pour into prepared pan and bake 60 to 65 minutes or until wooden pick comes out clean. For glaze, combine margarine, brown sugar, and milk. Cook 2 1/2 minutes. Pour over hot cake.

Bobbie Midgett

*Rose Tankard adds an additional cup of applesauce in her recipe and uses Caramel Icing.*

Cook sugar, cream and butter until a drop forms a soft ball when dropped into water. Remove from heat, add vanilla and salt, mixing well. While beating, add powdered sugar very slowly until spreading consistency.



## **AUNT BEULAH'S PLAIN CAKE**

1 box Lemon Supreme Cake Mix  
1/2 cup sugar  
1 cup apricot nectar  
1/2 cup oil

4 eggs

Dash of salt

**GLAZE:**

1 1/2 cups powdered sugar

Juice of 2 lemons

## **AUNT BEULAH'S PLAIN CAKE**

4 eggs

1 cup butter

2 1/2 cups sugar

3 cups self-rising flour

1 tablespoon lemon flavoring

1 1/3 cups milk OR

3/4 cup canned milk and 3/4 cup water

Combine all the ingredients in a mixer and beat until smooth. Pour into a greased bundt pan. Bake at 325° for one hour, or until cake tests done.

Stick deep holes in top of cake so the glaze will penetrate (use ice pick)... Simple and never fails. Makes 1 cake.

Dorothy Harker

*Pat Humphrey uses 3/4 cup apricot nectar, 3/4 cup oil and 2 teaspoons lemon flavoring. Beat 4 minutes at minimum speed and 2 additional minutes at high speed. Pour into greased tube pan and bake at 325° for 50 to 55 minutes. Cool.*

Separate eggs. Beat whites and set aside. Cream butter and sugar; add egg yolks, flour, flavoring and milk. Mix well. Lightly FOLD in the egg whites being sure NOT TO BEAT. Pour into prepared pans. You may use either layers, sheet or bundt pan. The batter doubles in size when baked. Bake at 325° or 350° until done. Very Good! Vanilla flavoring makes a wonderful plain yellow cake that goes well with most any icing. Sometimes this cake is called the 1-2-3-4 Cake. Only 2 cups of sugar are used instead of the 2 1/2 cups. May we suggest ONE MINUTE CHOCOLATE FROSTING (see end of section) for this cake! Cookbook Committee

Sidney Lewis

### GARDEN PARTY CARROT CAKE

- 2 cups all-purpose flour
- 2 tablespoons baking powder
- 1 1/2 cups oil OR apple sauce
- 1 1/2 teaspoons baking soda
- 4 eggs
- 1 1/2 teaspoons salt
- 2 cups grated carrot
- 8 1/2 ounces crushed pineapple, drained
- 2 teaspoons cinnamon
- 2 cups sugar
- 1/2 cup chopped pecans

#### CREAM CHEESE FROSTING:

- 1/2 cup butter
- 8 ounces cream cheese
- 1 teaspoon vanilla
- 1 pound powdered sugar



### BARBARA'S MOIST CHOCOLATE CAKE

- 3 eggs
- 1 Duncan Hines Chocolate Cake Mix
- 21-ounce can cherry pie filling
- 1 teaspoon almond extract

Mix all ingredients together and blend well. (The applesauce may be substituted for the oil for a very low fat cake.) Pour the batter into a prepared tube pan. Bake at 350° for 50 minutes. Cool in pan. You may want to use Cream Cheese Frosting on this cake. *Gayle Murphy uses 2 baby food jars of carrots instead of the grated carrots!*

To make frosting, blend butter, cheese and vanilla. Sift and add sugar gradually Beat well. Makes 20 servings. *One cup of shredded coconut can be added to the frosting if desired. Maybe try a cup of chopped pecans!*

Carol Krautheim

Beat the eggs slightly and add the other ingredients, mixing well. (You can use egg substitute in this recipe.) Pour into a 9x13-inch greased and floured pan. Bake at 350° for 30 to 35 minutes. Frost with your favorite chocolate frosting, if desired.

Alice Windley

### **(MAKE AHEAD)**

6 chocolate wafers, finely crushed  
1 1/2 cups light cream cheese  
1/4 cup all-purpose flour  
1/4 cup amaretto  
1 teaspoon vanilla  
1/4 teaspoon salt  
1 cup sugar  
1 cup 1% cottage cheese  
1/4 cup plus 2 tablespoons  
unsweetened cocoa  
1 egg  
2 tablespoons semisweet chocolate  
mini-morsels  
Chocolate curls (optional)

### **CHOCOLATE HOT MILK CAKE**

2 cups sugar  
4 eggs  
1 stick butter OR margarine  
1 cup milk  
2 cups self-rising flour  
6 tablespoons cocoa

Sprinkle chocolate wafer crumbs in bottom of a 7-inch springform pan. Set aside. Position knife blade in food processor bowl; add cream cheese and next 7 ingredients, processing until smooth. Add egg and process just until blended. Fold in chocolate morsels. Slowly pour mixture over crumbs in pan. Bake at 300° for 65 to 70 minutes or until cheesecake is set. (*If using an 8-inch pan, it will require only 45 to 50 minutes baking time.*) Let cool in pan on wire rack. Cover and chill at least 8 hours. Remove sides of pan, and transfer cheesecake to a serving platter. Garnish with chocolate curls, if desired. 12 servings.

Harriette Kirk  
**CHOCOLATE-MINT CHEESECAKE:** Substitute 1 1/4 cup *creme de menthe* for amaretto.

Cream sugar and eggs. Melt butter with milk. Sift flour and cocoa. Add milk mixture and flour alternately into creamed sugar and eggs. Bake at 350° for 1 hour.

Joyce Gibbs

*When greasing and flouring a cake pan for a chocolate cake, use cocoa to "flour" the pans.*



### **CRUST:**

**16 graham crackers (cinnamon)**

**1/2 cup sugar**

**1/2 cup butter**

### **FILLING:**

**24 ounces cream cheese, softened**

**1 1/2 cups sugar**

**1/2 teaspoon salt**

**4 eggs, room temperature**

**1 teaspoon vanilla**

### **TOPPING:**

**2 cups sour cream**

**2 teaspoons vanilla**

**1/4 cup sugar**

### **CHOCOLATE SYRUP CAKE**

**1 stick margarine**

**1 cup sugar**

**4 eggs**

**1 cup all-purpose flour**

**1 teaspoon baking powder**

**1 teaspoon vanilla**

**15-ounce can Hershey's chocolate syrup**

### **ICING:**

**1 stick margarine**

**1 cup sugar**

**1/3 cup milk**

**3/4 cup chocolate chips**

To make crust, mix graham cracker crumbs, 1/2 cup sugar, and 1/2 cup butter, melted. Spread on bottom of 9x13-inch or 10-inch springform pan. For the filling, mix cheese, sugar, and salt; beat until fluffy. Add one egg at a time; stir in vanilla and pour into crust. Bake 50 minutes at 350°. Let stand 15 minutes. Reheat the oven to 450°. Combine sour cream, sugar, and vanilla. Pour over cake. Bake 5 minutes or until set.

**Patty Springle**

*Macon Snowden adds 1 large can drained pineapple to the cheese cake filling.*

Cream margarine and sugar together. Add remaining cake ingredients and mix well after each addition. Bake at 350° for 25 minutes in a 9x13-inch pan. To make icing, mix margarine, sugar, milk. Bring to a full boil and boil for 1 minute. Remove from heat and add 3/4 cup chocolate chips. Stir to melt. Spoon over cake.

**Martha James**

- 1 Sara Lee Pound Cake
- 6 ounces semisweet chocolate chips
- 1/2 teaspoon instant coffee crystals
- 8 ounces sour cream
- 1 tablespoon vanilla
- Crushed almonds (optional)

**"NO OIL" CHOCOLATE CAKE**

- 1 chocolate cake mix
- 1/2 cup applesauce
- 1 small instant chocolate pudding mix
- 1/2 cup water
- 1/2 cup sour cream OR plain yogurt
- 4 eggs
- 6 ounces semisweet chocolate chips

**\$100.00 COCONUT CAKE**

- 1 box yellow cake mix
- 1 1/2 cups powdered sugar
- 8 ounces sour cream
- 14 ounces Angel Flake coconut, divided
- 1 1/2 cups Cool Whip

If you wish to use the almonds, lightly toast them in the oven. Thaw the cake and slice horizontally into 6 thin slices. Melt chocolate; stir in coffee, sour cream and vanilla. Blend well. Stack and ice each layer. Be sure to ice sides and top of cake. Refrigerate 1 hour or more. May be made a day before using. Press the almonds lightly onto the top and sides, if they are used. Makes 8 servings.

Anne Brown

Beat all ingredients except chocolate chips, 8 minutes. Fold in chips and pour into a greased and floured tube pan. Bake at 350° for 1 hour.

Barbara Paerl

Prepare cake as directed. Cook in 4 layers. Mix sugar and sour cream together. Add 10 ounces coconut to mixture. Place filling between layers only. Mix remaining 4 ounces coconut with Cool Whip and frost sides and top of cake. Refrigerate overnight before serving.

Blanche Merrill

- 1 yellow cake mix
- 1 1/2 cups milk
- 1/2 cup sugar
- 2 cups grated coconut
- 8 ounces non-dairy whipped topping

Make cake according to directions on box, using directions for a 13x9-inch greased pan. Cool in pan 15 minutes, then poke holes in cake using a cooking fork. In a saucepan, mix milk, sugar and 1/2 cup coconut. Bring to a boil. Reduce heat and simmer one minute. Spoon the hot mixture over warm cake; cool cake completely. Fold 1/2 cup coconut into the whipped topping and spread over cake. Sprinkle the remaining coconut on top. Cover and chill overnight. Makes 15 to 20 servings.

Margie Windley

# FOUR DAY COCONUT CAKE

- 2 cups sugar
- 2 cups sour cream
- 24 ounces frozen coconut
- 1 Duncan Hines yellow cake mix

Mix sugar, cream, and coconut well; store overnight in refrigerator. Bake cake following directions on the package for a 2 layer cake. Split each layer horizontally, making 4 equal cake layers. Place the cake in a container that has about a 2-inch side because the icing will flow into the bottom of the dish. Ice all layers, top and sides. Age in the refrigerator for 3 days before cutting. When you think about it, scoop some of the icing and pour back on the cake.

Pat Humphrey  
Doris Wright



*If you need sour milk in a hurry, just add 1 tablespoon of vinegar OR lemon juice to 1 cup whole milk and let it stand for 5 minutes.*



## **1 6-ounce package lemon pudding mix, (NOT instant)**

- 1 cup sugar**
- 1 envelope unflavored gelatin**
- 4 egg yolks**
- 4 cups water**
- 1/4 cup lemon juice**
- 1 angel food cake (10-ounce)**
- 1 cup cream, whipped stiff**
- 3 1/2 ounces flaked coconut**

## **BLACK BOTTOM CUPCAKES**

- 1 1/2 cups flour**
- 1 cup sugar**
- 1/4 cup cocoa**
- 1 teaspoon baking soda**
- 1/2 teaspoon salt**
- 1 cup cold water**
- 1/2 cup oil**
- 1 tablespoon vinegar**

### ***FILLING:***

- 8 ounces cream cheese**
- 1 egg, well beaten**
- 1/2 cup sugar**
- 6 ounces semisweet chocolate chips**
- 1/8 teaspoon salt**

In large saucepan combine pudding mix, sugar, and gelatin. Mix well. Stir in egg yolks and 4 cups water, mixing well. Cook over medium heat until mixture comes to a boil. Remove from heat and stir in lemon juice. Place saucepan in ice cubes and cool for approximately 15 minutes, stirring several times. Cut cake into 1 1/2-inch cubes until you have 5 to 6 cups. Generously butter the inside of a bundt or tube pan. When filling is completely cooled, fold in whipped cream and coconut. Add cake cubes and mix lightly. Turn into cake pan and refrigerate, covered, several hours or overnight.

Dorothy Johnson

Mix all ingredients well. Place cupcake liners in muffin tins and fill 16 cupcake liners 1/2 full. Place 1 teaspoon filling in center of each cupcake. DO NOT STIR! Bake 18 to 20 minutes at 350°.

Mix well.

*Jeanne Simpson makes these cupcakes using a 2 layer chocolate cake mix. She calls hers, Self-Fulfilled Cupcakes!*

Martha James

**20 ounces chocolate sandwich cookies**

**1 stick margarine**

**16 ounces cream cheese**

**1 cup powdered sugar**

**2 small instant vanilla puddings**

**3 cups milk**

**12 ounces whipped topping**

### **ENGLISH TRIFLE MADE EASY**

**1 loaf angel food cake**

**1 small can fruit of choice OR fruit cocktail, DRAINED**

**1 small instant pudding (vanilla)**

**1/2 pint whipping cream, sweetened**

**Sugar to taste for cream**

**Fresh fruit to garnish**

### **ORANGE TRIFLE**

**1 angel food cake, homemade OR bought**

**1 small sugar-free instant vanilla pudding**

**Skim milk**

**1 tablespoon grated orange peel**

**4 ounces whipped topping**

**6 tablespoons orange juice**

**1/4 cup sliced almonds**

Crush the cookies; set aside. Mix together the margarine, cream cheese and sugar. Add the pudding to the milk and mix well. Combine the pudding and cream cheese mixtures. Fold in the whipped topping. Layer cookies, pudding, cookies, pudding.....ending with cookies.

Rose Tankard

Line the bottom and sides of a 2-quart glass bowl with slices of cake. Drain canned fruit and layer over cake. Mix pudding according to directions on package and pour over the drained fruit. Cover with sweetened whipped cream and garnish with fresh fruit. Refrigerate at least 3 hours before serving.

Laura Orchard

Cube cake into 1-inch pieces. Prepare pudding mix as directed on package using skim milk. Fold orange peel and half the whipped topping into pudding. Place 1/3 the cake cubes in a 2-quart serving bowl; sprinkle with 2 tablespoons orange juice. Spread 1/3 pudding mixture over cake cubes. Repeat twice. Spread remaining whipped topping over the top. Cover and refrigerate 3 hours. Sprinkle with almonds.

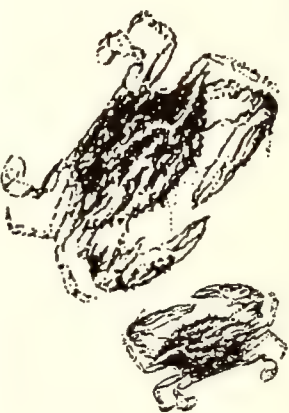
Rosemary Garrish

**4 eggs**  
**2 cups sugar**  
**1 package dry figs, chopped**  
**1 cup wine**  
**3/4 cup shortening OR butter**  
**1 teaspoon baking soda**  
**4 cups all-purpose flour**  
**3 cups raisins**  
**2 teaspoons cinnamon**  
**2 teaspoons allspice**  
**2 teaspoons nutmeg**

### **ICE BOX FRUIT CAKE**

**1 pound marshmallows**  
**1 large can evaporated milk**  
**1 pound crumbled Ritz crackers**  
**1 pound candied pineapple**  
**1 pound candied cherries**  
**1 pound English walnuts**  
**1 pound Angel Flake coconut**  
**1 pound golden raisins**  
**2 cups pecans**

Cream butter and sugar; add eggs one at a time. Sift flour and measure. Sift flour again with soda and spices. Use 1/2 cup flour to dredge fruit. Mix in remaining flour alternately with the wine; fold in fruit. Pour into a greased and floured 10-inch tube pan and bake at 350° for approximately 2 hours.



Combine the milk and marshmallows in a pan over low heat until the marshmallows are melted, stirring occasionally with a wooden spoon. Mix all the remaining ingredients together. Pour the marshmallow mixture over all ingredients. Pack in greased tube pan. **KEEP REFRIGERATED.**

Blanche Merrill

*If you have whipped cream left over, spoon the mounds onto a lined baking sheet and freeze until firm. Transfer the frozen whipped cream to a freezer container. When ready to use, let the mounds stand 5 minutes and place on top of your new dessert.*



- 1 cup oil
- 2 cups sugar
- 3 eggs
- 1 cup milk
- 2 cups self-rising flour
- 1 cup chopped pecans
- 1 cup fig preserves, chopped
- 1 teaspoon cinnamon
- 1 teaspoon vanilla

#### GERRY'S FIG CAKE ICING:

- 1 cup brown sugar
- 1 stick margarine
- 1 tablespoon corn syrup
- 1 tablespoon vanilla
- 1/2 cup buttermilk
- 1/2 teaspoon baking soda

#### HONEY BUN CAKE

- 1 box yellow cake mix
- 2/3 cup vegetable oil
- 1/3 cup water
- 4 eggs
- 1 cup sour cream
- 1 teaspoon cinnamon
- 1 cup light brown sugar
- 1 cup chopped pecans

Cream together the oil, sugar and eggs. Add the remaining ingredients and beat at medium speed for 2 minutes. Bake in a greased tube pan at 325° for one hour.

Louise Nelson

*Rosemary Garrish replaces milk with 1 cup of buttermilk in this recipe and adds 1 teaspoon allspice and one teaspoon nutmeg. If you wish to use all-purpose flour, add 1 teaspoon salt and 1 teaspoon soda to the 2 cups of flour!*

*Gerry Beveridge adds a teaspoon of nutmeg and cloves, and 1 1/2 cups chopped pecans to the cake batter. She sometimes spreads mashed fig preserves between the layer, OR makes an icing.*

Make a sauce of the brown sugar, margarine, corn syrup, vanilla, buttermilk, and baking soda. Mix well and boil for 3 minutes. Use the sauce while it is hot to pour over the cake.



Combine cake mix, oil, water, eggs and sour cream. Beat until well blended. Grease and flour 9x13-inch pan. Mix together cinnamon, sugar and pecans. Pour 1/2 the batter into pan. Top with 1/2 cinnamon-nut mixture. Pour remaining batter over that and sprinkle with remaining cinnamon-nuts on top. Swirl with knife. Bake at 350° for 35 to 40 minutes or until cake tests done.

Jan Blackwell

Rosemary Garrish

1 cup butter  
3 cups sugar  
6 eggs

1 1/2 cups milk

4 cups all-purpose flour

**MIXED BATTER:**

1 cup nuts

1 teaspoon allspice

1 cup raisins

2 teaspoons cinnamon

**ICING:**

2 cups coconut

3 cups sugar

1 cup boiling water

6 tablespoons cornstarch

Juice of 2 lemons

# **ICE CREAM CAKE**

1 bag Pecan Sandies cookies

1/2 cup chopped pecans

2/3 cup butter OR margarine

3 squares unsweetened chocolate

1 1/2 cups powdered sugar

3 eggs, separated

1 teaspoon vanilla

1/2 gallon vanilla ice cream

4 to 6 Heath candy bars

Cream the butter and sugar well. Add the eggs, milk and flour; mix well. *The cake will have a total of 4 layers.* Divide 1/2 the batter into 2 (**TWO**) separate, prepared pans, putting 1/4 the batter in each of the two pans. To the remaining 1/2 cake batter, add mixture of the nuts, allspice, raisins, and cinnamon. Divide this mixed batter between two more prepared pans and bake all four layers at 325° until cake begins to pull away from the sides of the pan. **ICING:** Mix the coconut and sugar together in a pan. Add to the boiling water along with the cornstarch and lemon juice; boil until the mixture becomes thick and clear. Use this to ice the 4 layer cake.

Ruby Dudley

Crush the cookies and add the pecans to the crumbs. Spread 1/2 the mixture in a 9x13-inch pan. Melt the butter and chocolate; add the sugar. Beat until smooth. Add the 3 egg yolks and vanilla. Fold in 3 stiffly beaten egg whites. Pour over crumbs and chill 2 hours. After chilling, spread the softened ice cream (you can use another flavor of your choice if desired) over mixture. Put the other 1/2 cookie crumbs on top. Break the candy bars into small pieces and sprinkle over crumbs. Freeze at least 8 hours.

Sandra Croom

2 cups sugar  
 2 eggs  
 2 cups all-purpose flour  
 1 teaspoon soda  
 1/2 teaspoon salt  
 1 teaspoon vanilla  
 1 can fruit cocktail and juice

**TOPPING:**

1 cup coconut  
 1 cup chopped pecans  
 1 cup sugar  
 1 small can evaporated milk  
 1 stick butter

**FUZZY NAVEL CAKE**

1/2 cup firmly packed brown sugar  
 29-ounce can sliced peaches, well drained  
 8 maraschino cherries, halved  
 1 yellow cake mix with pudding added  
 1 small instant vanilla pudding mix  
 3/4 cup orange juice  
 1/2 cup vegetable oil  
 1/4 cup peach schnapps  
 4 eggs

**GLAZE:**

2 tablespoons butter OR margarine, melted  
 2 tablespoons peach schnapps  
 1/8 teaspoons cinnamon

Blend the 2 cups sugar and eggs. Add the flour, soda, salt, vanilla and cocktail. Pour into an ungreased 9x13-inch glass baking dish. Bake at 350° for 30 minutes. While the cake bakes, make the topping.

Combining all the ingredients in a saucepan. Boil about 10 minutes until thick. Spread on the hot cake.

Kerry Smith

Heat oven to 350°. Generously grease and flour a 12 cup bundt pan. Sprinkle brown sugar evenly over bottom of pan. Arrange drained, sliced peaches in grooves of pan over brown sugar; place cherries between peach slices. In large bowl, combine cake mix, pudding mix, orange juice, oil, 1/4 cup peach schnapps, and eggs at low speed until moistened. Beat two minutes at high speed. Gently pour batter into pan over fruit. Bake at 350° for 60 to 65 minutes or until toothpick inserted in center comes out clean. Remove from oven and cool for 15 minutes; remove from pan. Combine melted butter, 2 tablespoons peach schnapps and cinnamon. Pierce top of cake with long-tined fork and spoon glaze over cake. Makes 16 servings.

Dorothy Johnson



1 tablespoon gelatin  
 1/4 cup cold water  
 2/3 cup sugar, divided  
 1/4 teaspoon salt  
 1 3/4 cups cold milk  
 1 package German sweet chocolate  
 3 eggs, separated  
 1 teaspoon vanilla  
 1 layer of devil's food cake  
 Whipped cream

### MAMA'S MOLASSES CAKE

2 1/2 cups sifted all-purpose flour  
 1 teaspoon salt  
 1 teaspoon baking powder  
 1 1/2 teaspoons cinnamon  
 3/4 teaspoon soda  
 1/2 teaspoon allspice  
 1 stick margarine  
 1/2 cup sugar  
 1 cup molasses  
 1 cup boiling water



Dissolve gelatin in cold water, set aside. Combine 1/3 cup sugar, salt, and milk in saucepan. Add chocolate. Cook over medium heat stirring constantly until chocolate is melted and starting to boil. Add some of the hot liquid to the beaten egg yolks and then add the eggs to the mixture and cook 5 minutes. Remove from heat; add softened gelatin, pour into a large ROUND bowl and chill until partially thickened. Beat egg whites until foamy; add 1/3 cup sugar, 2 tablespoons at a time while still beating slowly, then add the vanilla. Fold the egg whites into the chilled chocolate mixture and blend well. Chill at least 2 1/2 hours. Place the layer of devil's food cake on a serving platter. Unmold the chocolate mixture on top of the cake layer and cover the entire cake in whipped cream. Be sure to refrigerate if there are any leftovers.

Macon Snowden

Sift together all the dry ingredients and set aside. Cream the margarine and sugar well. Add the molasses and mix well. Stir in 1/2 cup at a time of the dry ingredients alternately with the boiling water. Beat 1/2 minute. Pour into greased and lightly floured 9x13-inch pan. Bake 45 minutes in a moderate oven. (325° to 350°) *This was my mother's recipe. We love it...especially warm!*

Louise Hunter

**3/4 pound (3 sticks) BUTTER**  
**2 cups white sugar**  
**2 1/4 cups light brown sugar, firmly packed**  
**6 eggs**  
**5 1/2 cups sifted all-purpose flour**  
**1/4 teaspoon salt**  
**1 teaspoon mace**  
**3 1/2 cups (1 pound) pecan meats**  
**2 cups bourbon whiskey**

Cream butter until soft in your largest mixing bowl. Combine white and brown sugar thoroughly. Gradually work half the sugar mixture into butter, keeping it as smooth as possible. In a separate bowl beat eggs until light and fluffy. Then gradually beat remaining sugar into eggs until you have a smooth, creamy mixture. Stir into butter mixture thoroughly. Sift flour, salt and mace together. Add flour combination and whiskey to batter, alternating them, beginning and ending with flour. Break pecans into pieces and stir into batter. Pour into a well-greased 10-inch tube pan (batter should almost fill the pan) and bake in a preheated 300° oven for 2 1/2 to 3 hours or until cake tests done with a wooden pick and shrinks slightly from pan. Allow cake to cool in the pan about 15 minutes, then turn out onto cake rack, and cool completely. Bourbon Cake improves with age. It should be wrapped completely in plastic wrap and then in foil and stored in the refrigerator. **DO NOT FREEZE. IT IS WELL WORTH THE TIME!!!**

Fran Krauthheim

### **OPAL ROBINSON'S EARTHQUAKE CAKE**

**1 cup chopped nuts**  
**1 cup coconut**  
**1 box Duncan Hines German Chocolate Cake Mix**  
**8 ounces cream cheese**  
**1 stick butter OR margarine**  
**1 box powdered sugar**

Grease and flour a 9x13-inch baking pan. Combine the nuts and coconut; spread evenly in the bottom of the pan. Mix the cake according to directions on the package. Pour the cake into the prepared pan. Combine the cream cheese, butter and powdered sugar and spread on top the cake; bake according to directions on the box for a 9x13-inch pan.

Harriette Kirk



- 1 cup margarine
  - 2 cups sugar
  - 4 eggs
  - 1 teaspoon vanilla
  - 1/4 cup cocoa
  - 1 1/2 cups all-purpose flour
  - 1/2 teaspoon salt
  - 1 1/2 cups flaked coconut
  - 1 1/2 cups chopped pecans
  - 9 ounces marshmallow cream
- FROSTING:**
- 1/3 cup cocoa
  - 1/2 cup margarine
  - 1/2 teaspoon vanilla
  - 1 pound powdered sugar
  - 1/3 cup milk

**NEIMAN MARCUS CAKE**

- 1 box yellow cake mix
- 1 stick butter
- 1 egg
- 1 cup chopped pecans
- 1 box powdered sugar
- 3 eggs
- 8 ounces cream cheese

Cream margarine and sugar. Beat in eggs; add vanilla, cocoa, flour, salt and stir well. Add coconut and nuts, again stirring well. Pour into a greased and floured 9x13-inch pan. Bake at 350° for 30 to 35 minutes or until a wooden pick inserted in center comes out clean. Remove from oven, and while hot, spread with marshmallow cream. Let cake cool and then frost. To make frosting, beat cocoa, margarine, vanilla, milk and sugar until fluffy. Spread over marshmallow cream on cake. Frosting tends to be runny in order to spread over cake easily. Add milk cautiously. *This is a very rich cake, but it is delicious!*

Jan Blackwell

*Gerry Beveridge uses 1 1/2 cups of margarine in her cake and 1 teaspoon vanilla and replaces the milk with 1/2 cup evaporated milk in the frosting.*

Combine the cake mix, egg, butter and pecans well, pour in 9x13-inch sheet pan. Cream powdered sugar, 3 eggs, and cream cheese. Spread over first layer. Bake at 300° to 325° for 45 to 60 minutes. *Chiyo Rice says Virginia Willis gave her this cake recipe many, many years ago. Chiyo made copies and passed them out to several people and that's how it came to Beaufort.*

Chiyo Rice  
Pat Humphrey





- 1/2 cup butter OR margarine
- 1 cup sugar
- 1 egg
- 2 cups sifted all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon nutmeg
- 1/2 cup molasses
- 3/4 cup sour cream OR buttermilk

ICING:

- 1/4 cup hot water
- 1/2 cup sugar

Martha James

Cream butter; add sugar gradually; beat until light. Add egg and beat thoroughly. Sift dry ingredients and add alternately with the molasses and sour cream to creamed mixture. Beat until smooth. Pour batter into a greased 8-inch square pan. Bake in a preheated 325° oven for 45 minutes. For icing, mix hot water and sugar until dissolved and pour over cake.

JEAN SANDERSON'S "NO" CHOLESTEROL CAKE

- 3 cups cake flour
- 1 teaspoon baking powder
- 2 sticks "NUCOA" (margarine), softened
- 1/2 cup vegetable shortening
- 5 egg substitutes (2 1/2 cartons)
- 3 cups sugar
- 1 cup low-fat milk
- 1 teaspoon flavoring (your choice)

Mix together the flour and baking powder. Cream margarine, shortening, and eggs; adding one at a time. Add sugar slowly; cream mixture. Add flour mixture alternately with milk. Add flavoring (almond is excellent) and mix thoroughly. Grease a tube pan with a spray and dust with sugar instead of flour. Bake 1 hour at 350°. Cool 5 to 10 minutes before turning out of pan.

Phyllis O'Keef

*Substitute an equal amount of unsweetened pineapple juice for the amount of water called for in yellow cake mixes.*

**2 cups sugar**  
**3 eggs, beaten**  
**1 1/2 cups oil**  
**3 cups self-rising flour**  
**1 teaspoon vanilla**  
**2 teaspoons cinnamon**  
**3 cups peeled, cooked pears**

**GLAZE:**

**1 1/4 cups powdered sugar**  
**2 to 4 teaspoons milk**

**PIG PICKING CAKE**

**1 box yellow cake mix**  
**3/4 cup cooking oil**  
**4 eggs**  
**11-ounce can mandarin oranges**

**ICING:**

**1 large can crushed pineapple,  
lightly drained**  
**1 small vanilla instant pudding mix**  
**1 large whipped topping, thawed**



Combine sugar, eggs, oil; add flour 1 cup at a time. Mix well. Stir in vanilla, cinnamon and pears. Spoon batter into a greased and floured tube pan. Bake 1 hour at 350°.

Mix powdered sugar and enough milk to make a glaze the consistency you want and pour over cake.

Joyce Fulford

Mix ingredients in order listed. Divide evenly into 3 greased and floured 8-inch cake pans and bake, following directions on box for time and temperature.

Mix the crushed pineapple and vanilla pudding mix together. Fold in the thawed whipped topping. Spread between layers and outside of cake. Refrigerate.

Pat Humphrey

*If you sift powdered sugar onto the serving plate before placing the cake on it,  
the cake will not stick to the plate.*

## **1 box marble fudge cake mix**

### ***FILLING:***

1 1/2 cups sugar  
1 1/2 cups milk  
18 marshmallows  
1 pound ground coconut  
1 teaspoon vanilla

### ***CHOCOLATE FROSTING:***

2 cups sugar  
1 small can evaporated milk  
80 small OR 10 large marshmallows  
1 teaspoon vanilla  
Pinch of salt  
1 stick margarine  
6 ounces semisweet chocolate chips

## **POUND CAKE**

2 cups sugar  
2 sticks margarine  
5 eggs  
2 cups all-purpose flour  
1/2 teaspoon vanilla  
1/2 teaspoon almond OR lemon flavoring

Prepare cake as directed on package; bake in 2 layers. Cool on wire rack.

Mix sugar, milk and marshmallows together in top part of double boiler. Heat until marshmallows are melted. Add coconut and cook for approximately 2 minutes. Add flavoring. Cool.

Bring sugar, milk, marshmallows, vanilla, salt and margarine to a boil in heavy saucepan and cook 6 minutes. Pour chocolate chips in large bowl and pour hot mixture over them. Beat until well blended and creamy.

### ***ASSEMBLE:***

Cover bottom layer of cake with coconut filling and then spread chocolate frosting over the coconut. Place second layer on top and cover with coconut filling. Spread remaining chocolate frosting over the coconut and sides of cake. **DO NOT USED FLAKED COCONUT IN THIS RECIPE!**

Evelyn Wooten

Cream sugar and margarine until a smooth mixture. Add eggs one at a time. Mix flour, vanilla and flavoring into batter. Cream well. Pour into a well greased and floured tube pan. Bake at 325° for 1 hour. Remove from pan as soon as cake is done.

Margaret Taylor  
Joyce Gibbs



**BAKER'S PAVLOVA PIE**  
 3 tablespoons BUTTER  
 1 cup firmly packed brown sugar  
 6 slices canned pineapple, drained  
 Pecan halves  
 Maraschino cherries, red, drained  
 1 1/2 cups all-purpose flour  
 2 teaspoons baking powder  
 1/2 teaspoon salt  
 1 cup sugar  
 1/2 cup shortening  
 1/3 cup evaporated milk  
 1/4 cup water  
 1 teaspoon vanilla  
 2 eggs

### VERSATILE POUND CAKE WITH VARIATIONS

2 sticks butter OR margarine  
 1/2 cup Crisco  
 3 cups sugar  
 5 eggs  
 3 cups all-purpose flour  
 1 cup milk  
 1/2 teaspoon baking powder  
 2 teaspoons vanilla  
 1 teaspoon lemon extract

Preheat oven to 350°. In a 10-inch ovenproof skillet, melt butter over low heat, spread brown sugar over butter to cover evenly. Arrange pineapple slices, pecans and cherries over the brown sugar mixture. In a large bowl, stir together flour, baking powder, salt and sugar. Add shortening, milk, water and vanilla. Beat with mixer for 2 minutes. Add eggs and continue beating 2 additional minutes. Pour batter over pineapple slices. Bake 55 to 60 minutes or until done. Allow cake to cool 10 minutes before inverting onto serving plate. Serve warm or cold. Serves 6 to 8.

Thelma Ward

Spray a 10-inch tube or bundt pan with Baker's Joy! (It never fails!) Cream butter, Crisco with sugar; add one egg at a time; beat well. Add flour, milk, baking powder, vanilla and lemon flavorings. Bake at 350° for 1 1/4 hours. Test before taking from oven.

Anne Brown

*Lessie Arrington's pound cake calls for 1 tablespoon vanilla. Vivian Huntley reduces the vanilla to 1 teaspoon and adds 1/2 cup cocoa and 1/4 cup milk for a wonderful Chocolate Pound Cake. Look for VIVIAN'S ICING at the end of these recipes.*

### Cream Cheese Pound Cake

Using the Versatile Pound Cake recipe, decrease shortening to 1/4 cup and add:

1 egg

8 ounces cream cheese

Cream the cheese along with the butter and sugar. Proceed with directions for the Versatile Pound Cake.

Mary Ruth Potter  
Nell Thomas

*Rose Tankard uses cake flour and 1 tablespoon of vanilla to make her Cream Cheese Pound Cake.*

### Walnut Pound Cake and Frosting

Use the Versatile Pound Cake, and

Substitute 1 cup sour cream for  
1/2 the milk

Substitute 1 teaspoon walnut  
flavoring for 1 teaspoon vanilla

Add 1 cup chopped walnuts

WALNUT FROSTING:

3 ounces cream cheese

1/2 stick butter

1 teaspoon walnut flavoring

16 ounces powdered sugar

Milk

Mix together the frosting ingredients, using just enough milk to make a spreading consistency. Frost cake. *One cup chopped nuts is always good in Cream Cheese Frosting, no matter what cake it's on!*

Lenora Davis

*If you've run out of self-rising flour and still need some in your recipe,  
1 cup flour, 1/2 teaspoon salt and 1 teaspoon baking powder can be  
substituted for each cup of self-rising flour needed.*

1 cup margarine  
 3 cups sugar  
 6 eggs, separated  
 1/2 teaspoon baking soda  
 1 cup sour cream  
 3 cups all-purpose flour  
 2 teaspoons lemon juice  
 1 teaspoon vanilla

### BUTTERSCOTCH-PECAN POUND CAKE

1 cups butter OR margarine, softened  
 8 ounces cream cheese, softened  
 2 1/4 cups sugar  
 6 large eggs  
 2 2/3 cups all-purpose flour  
 1 teaspoon each vanilla extract,  
 butter and nut flavoring  
 1 cup chopped toasted pecans  
 1/2 cup butterscotch morsels



*If you grease and flour the sides of the pan in which you cook a sponge cake, it will collapse and slide down the sides. Don't grease or flour!*

Cream margarine and sugar. Beat egg whites until stiff; set aside. Add egg yolks one at a time, beating well after each addition. Mix soda in sour cream. Add flour alternating with sour cream to the sugar egg mixture. Add flavorings. Fold in stiffly beaten egg whites. Pour into well greased and floured tube pan. Bake 1 1/2 hours at 300°. *Good as coffee cake or dessert. Two teaspoons of Mace added to this recipe turns this cake into a SOUR CREAM AND MACE POUND CAKE. Ohhhh! Try it!*

Jan Blackwell

Beat butter and cream cheese at medium speed with an electric mixer about 2 minutes or until soft and creamy. Gradually add sugar, beating at medium speed 5 to 7 minutes. Add eggs, one at a time, beating just until yellow disappears. Gradually add flour, mixing at lowest speed just until blended after each addition. Stir in flavorings, pecans and morsels. Spoon batter into a greased and floured 12-cup bundt pan. Bake at 325° for 1 hour and 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes; remove from pan, and let cool completely on a wire rack.

Jan Blackwell



**2 sticks butter**

**2 cups sugar**

**4 eggs**

**1/2 cup sifted cocoa**

**2 cups all-purpose flour**

**1 teaspoon baking powder**

**Dash salt**

**2/3 cup milk**

**1 teaspoon vanilla**

### **STRAWBERRY POUND CAKE**

**4 eggs**

**1 cup canola oil**

**3/4 cup strawberries, fresh OR frozen**

**1 box white cake mix**

**1 small package strawberry jello**

**Pecans, optional**

### **GLAZE FOR CAKE MADE IN TUBE PAN:**

**2 cup powdered sugar**

**1/3 cup butter, softened**

**1 tablespoon cream**

**1/4 cup strawberries**

Cream thoroughly butter and sugar. Add eggs, one at a time, beating well after each. Mix cocoa with flour, baking powder, salt and add alternately to batter with milk and vanilla. Begin and end with flour mixture. Pour into a greased and floured tube pan and bake at 300° for 1 hour and 20 minutes. *One delicious pound cake!*

Claudia Lewis

Grease and flour tube pan, OR two 9-inch cake pans. Beat eggs; add oil and 3/4 cup strawberries. Combine the cake mix and jello together; add the egg mixture to the cake mix. Beat thoroughly and pour into pans. Bake at 325° for 1 hour for the tube pan. If you use the layer pans, bake at 300° for about 45 to 50 minutes. Let cool in pan 15 minutes and then turn out.

Cream butter and sugar together well. Add cream and strawberries to make a glaze consistency and spread over cake. Let glaze run down sides. *To glaze the layer cake, double all ingredients, even adding up to one cup strawberries!*

Margie Windley

**2 cups sugar**  
**1 1/2 cups oil**  
**4 egg yolks**  
**1 cup crushed pineapple with juice**  
**2 tablespoons hot water**  
**2 1/2 tablespoons cinnamon**  
**4 egg whites**  
**1 cup chopped pecans**

### **PUMPKIN ROLL**

**3/4 cup all-purpose flour**  
**1 cup sugar**  
**2/3 cup canned pumpkin**  
**1 teaspoon salt**  
**1 teaspoon cinnamon**  
**3 eggs**  
**1 teaspoon baking soda**

### **FILLING:**

**2 tablespoons margarine, softened**  
**1 teaspoon vanilla**  
**8 ounces cream cheese**  
**1 cup powdered sugar**

Combine sugar, oil, yolks, pineapple, water and cinnamon in that order. Beat well. Beat the egg whites until stiff. Add nuts to cake and fold in the egg whites. Pour into an ungreased tube pan. Bake in a 350° oven for about 1 hour. Let cool in pan before removing. *NOTE: For a subtle difference in flavoring, use 1/2 cinnamon and 1/2 nutmeg for the 2 and 1/2 tablespoons cinnamon in the above ingredients.*

Pat Humphrey

Cream all ingredients. Spread evenly on greased jelly roll pan. Bake 15 minutes at 350°. Flip cake onto a towel that has been sprinkled with powdered sugar so the cake won't stick to the towel, and roll up from the short end. Leave rolled in towel until completely cooled. Unroll and spread evenly with filling. Roll back into jelly roll, cover with wax paper and chill for several hours before cutting. Keeps in refrigerator for three to four days OR it freezes well.

Cream together all ingredients for filling.

Jean Williams

**1 Duncan Hines yellow cake mix**  
**2 small instant vanilla puddings**  
**1 package shredded coconut**  
**20-ounce can cherry pie filling**  
**20-ounce can crushed pineapple, undrained**

**Chopped nuts**

**20-ounce can fruit cocktail, undrained**

**1 large size whipped topping**

# **MRS. WADSWORTH'S RUM CAKE**

**1/2 cup nuts**

**1 Duncan Hines Butter Recipe cake mix**

**3-ounce vanilla instant pudding mix**

**1/2 cup light rum**

**1/2 cup water**

**1/2 cup vegetable oil**

**4 eggs**

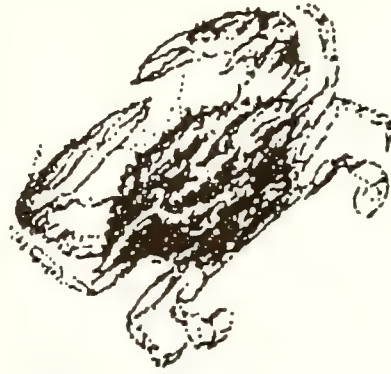
**GLAZE:**

**1 cup sugar**

**1 stick margarine**

**1/4 cup light rum**

**1/4 cup water**



Make the cake according to the directions given on the box. Make the instant pudding according to the directions on the box. Crumble half of the cake into the bottom of a large punch bowl. Press cake down smooth. Place half of the pudding on top of crumbled cake. Smooth on half of each of the remaining ingredients, repeat and add the cherry pie filling last. *The whipped topping surmounts the delightful mess!*

Pat Humphrey  
*Sarah Williams makes her cake from scratch when she makes the Punch Bowl Cake.*

Grease and flour bundt or tube pan. Crumble nuts in bottom of pan. In a large mixing bowl, place cake and pudding mix. Add rum, water, oil and eggs. Mix for two minutes. Pour into pan and bake at 325° for 50 to 60 minutes. About 20 minutes before the cake finishes baking, make the glaze. Remove cake from oven and pour on 1/2 the hot rum glaze. Turn cake out of pan and pour remaining glaze over cake. Cake will settle when glaze is poured on.

Mix ingredients; boil two to three minutes. *This cake is good...hot OR cold. Will keep several weeks without refrigeration!*

Anne Brown



**2 cups sugar**  
**1/2 cup butter**  
**3 eggs**  
**1 tablespoon vinegar**  
**1 tablespoon cocoa**  
**2 ounces red food coloring**  
**2 1/2 cups cake flour**  
**1/2 teaspoon salt**  
**1/4 teaspoon baking powder**  
**1 1/2 teaspoons baking soda**  
**1 cup buttermilk**  
**1 teaspoon vanilla**

**FROSTING:**

**1 cup evaporated milk**  
**3 tablespoons all-purpose flour**  
**1 cup sugar**  
**1 cup butter**  
**1 cup chopped pecans**  
**1 teaspoon vanilla**  
**1 can flaked coconut (optional)**

**DECORATOR'S ICING**

**1/4 cup Crisco**  
**1/4 cup milk**  
**1/2 teaspoon butter flavoring**  
**1 box powdered sugar**  
**1 teaspoon lemon OR CLEAR vanilla**  
**Food coloring (optional)**

Cream sugar and butter; add eggs and mix well. Make a paste of vinegar, cocoa and food coloring. Add to the creamed sugar mixture. Sift together the dry ingredients; add to the mixture alternately with the buttermilk. Add vanilla and blend thoroughly. Pour into three 9-inch prepared pans and bake at 350° for 25 to 30 minutes.

Cook milk and flour until thickened. Set aside to cool. Cream sugar and butter; add to cooled flour mixture. Add remaining ingredients, mixing well and ice cake. 16 slices.

Verta Willis

To frost a cake, beat all ingredients except the food coloring for 5 minutes. To decorate a cake double this recipe, and use 1/2 to frost cake. Add food coloring to other half for decorations. Decorate as desired using a pastry tube.

Anita Hardesty

- 2 sticks margarine**
- 1 cup water**
- 4 tablespoons cocoa**
- 2 cups sugar**
- 2 cups self-rising flour**
- 1/2 teaspoon salt**
- 1 teaspoon soda**
- 2 eggs**
- 8 ounces sour cream**

***FROSTING:***

- 1 stick margarine**
- 4 tablespoons cocoa**
- 6 tablespoons milk**
- 1 teaspoon vanilla**
- 1 cup chopped nuts**
- 1 box powdered sugar**

**LEMON JELLY FROSTING OR FILLING**

- 3 eggs**
- 1 1/2 cups sugar**
- 1/2 cup fresh lemon juice**
- Grated rind of 1 1/2 lemons**
- 3 tablespoons margarine**

Mix first 3 ingredients in sauce pan. Bring to boil until dissolved. Remove from heat; add 2 cups sugar, 2 cups of self-rising flour, 1/2 teaspoon salt, 1 teaspoon soda. Beat in 2 eggs and sour cream. Bake at 375° for 22 to 30 minutes in a large pan, 11x17-inch preferred, 9x13-inch allowed. About 10 minutes before cake is done, start your frosting by boiling margarine and cocoa in milk until dissolved. Remove from heat, add powdered sugar, vanilla and nuts. Spread hot frosting on hot cake. Let cool before serving.

Pat Humphrey

Beat the eggs well; add sugar and set aside while squeezing the lemons (about 3). Grate the rind of 1 1/2 lemons. Put all ingredients together and cook in a double boiler until thick. Frosts a 2 or 3 layer cake. *This recipe can be used as a filling.* Chocolate Icing can be used to frost the cake.

Anna Lou Haskins

2 cups sugar  
1 1/2 squares chocolate  
1 stick butter  
1/2 cup milk  
1 teaspoon vanilla

### VIVIAN'S ICING

1 whole egg  
6 tablespoons butter  
3 1/2 cups powdered sugar  
2 tablespoons orange juice  
Scant teaspoon lemon juice

### PENUCHE FROSTING

1/2 cup butter  
1 cup packed brown sugar  
1/4 cup milk OR cream  
2 cups powdered sugar  
1 teaspoon vanilla  
Nuts, optional



Bring all ingredients to a boil while stirring; reduce heat and cook one minute. Set the pot in a pan of cold water to cool; beat until thick enough to spread.

Cream the butter, add egg and mix by hand; DO NOT BEAT. Add sugar gradually along with juices and stir, by hand, until a firm enough consistency to spread.

Vivian Huntley

Melt butter in a medium saucepan. Add sugar and boil 2 minutes; add milk and bring to a boil. Remove from heat and cool to lukewarm. Beat in powdered sugar and vanilla. Frost cake. (*You may add 1 1/2 cups nuts to the frosting, if desired.*)

Minnie McIntyre



This is the story of a Chocolate Fudge Cake. If happened in the 1940's just at the end of the war when I was a girl of eight. My very best friend and I were playing dolls while her mother worked in the kitchen. Because of the extreme heat that afternoon, our interest in our dolls didn't last very long and we were soon looking for "something to do." Her mom suggested a number of games we could play, but nothing pleased us. Our afternoon seemed a total loss, but then something very special happened. Her mother called us into the kitchen and there on the table sat a luscious looking Chocolate Fudge Cake..icing still dripping because of the heat. She told us to sit down and as we did she cut us big slices of the cake and served us tall glasses of ice cold lemonade.

What a delicious treat and a wonderful lesson in sharing I learned that day. No one had ever offered me cake, fresh from the oven before. Cakes were made for special occasions, birthdays, church socials or Sunday dinner, but not in the middle of the afternoon on a hot summer day and for no reason!

Why not use one of our favorite cake recipes and make a memory for someone you know.

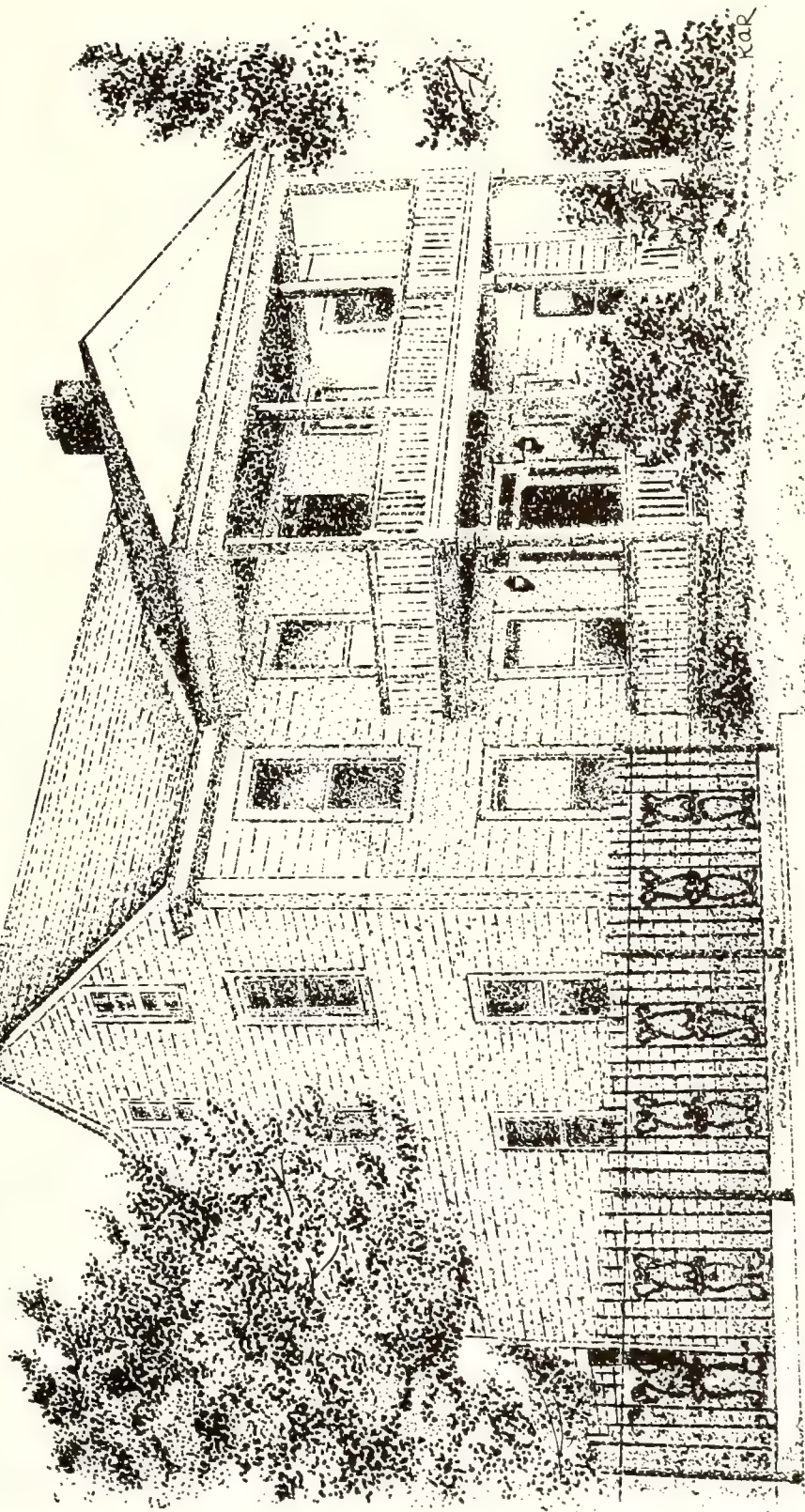


Rosemary Garrish

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**SWEETS, ETCETERA**



**Morse House**



The Morse House at 215 Front Street, Beaufort, North Carolina, is the home of Elizabeth Thomas Creek.

This house, which is of West Indies style architecture typical of Beaufort, has seen many alterations since its construction in 1771. Originally the house was only one room in depth as indicated by its ballast stone foundation and ballast stone, free-standing chimney.

Court records state that Joseph B. Morse, Sr., bought lot no. 27, Old Town Beaufort, on March 22, 1769, from the town for 30 shillings and that he built a house there within two years. Ten years later Morse sold the property including "all houses, out houses, and all other privileges" to David Cooper for 200 pounds. In subsequent years, the house was owned by Peter Piver, William Fisher, John Jones, and Isaac Ramsey.

In 1892 Thomas Thomas purchased the property. Thomas Thomas was the great-grandfather of Elizabeth T. Cheek.

Present Owner, Lib Cheek

Beaufort hospitality is not complete without offering something sweet after the main course of a meal. Frozen Lemon Dessert, Grandma's Fresh Peach Cobbler, Geoff's Bread Pudding with Sauce and Holden's Chocolate Pie are just some of the luscious sweets...

The same principle applies for sweets as for salads. If the meal is heavy, offer a "lite" dessert; if the meal is light, a heavier dessert is nice.

Locally grown sweet potatoes made Sweet Potato Pie (a must in most Beaufort homes in early years) and homemade ice cream special treats. The M. Y. F. sells homemade ice cream every year during the Old Homes Tour that is held the last full week-end in June and we have included their recipe for you. Try the recipe when local strawberries or peaches are ripe from May through August. Blueberries are ready in June and Blueberry Nut Crunch and Blueberry-Banana Pie are two perfect candidates for those sweet tasting berries. If none of the above fill your fancy try some "Spirit" Balls or Ding Bats. Somebody's bound to comment on the name, if not the sweet!

## Candy

### CHOCOLATE BRITTLE

1 pound BUTTER

2 cups sugar

1/4 cup plus 2 tablespoons water

6 plain chocolate candy bars

Combine butter, sugar and water in a heavy sauce pan. Cook over medium heat stirring constantly until it reaches hard crack stage (300° F). Pour onto greased cookie sheet. Melt 6 plain chocolate candy bars in a microwave, being careful not to let them burn. Pour on toffee and let harden. Break into pieces.

Patty Springle

*Semisweet chocolate morsels and semisweet chocolate squares can be used interchangeably when a recipe calls for this type chocolate melted.*

12 ounces semisweet chocolate chips  
 1 cup **CONDENSED** milk  
 1/4 stick margarine  
 3 tablespoons rum  
 1/2 cup chopped walnuts  
 Shortening  
 Ground nuts

### "SPIRIT" BALLS

6 ounces semisweet chocolate bits  
 1/2 cup sugar  
 3 tablespoons light corn syrup  
 1/3 cup bourbon OR rum  
 2 1/2 cups finely crushed vanilla wafers  
 1 cup finely chopped walnuts

### OLA RIDDLER'S FUDGE

16 ounces semisweet chocolate chips  
 1 can **CONDENSED** milk  
 1/2 teaspoon salt  
 1/2 teaspoon vanilla  
 1 cup pecans

Melt chocolate in top of double boiler. Add milk and margarine. Stir. When smooth, add rum and walnuts. Refrigerate for 30 to 45 minutes. To shape, rub shortening onto fingertips and form candy into balls; roll in chopped nuts. Makes about 50 pieces.

Chiyo Rice



Melt chocolate in top of double boiler over hot, not boiling water; remove from heat. Stir in sugar and corn syrup; blend in liquor. Combine wafer crumbs and nuts in a bowl; add chocolate mixture and mix well. Shape into 1-inch balls and roll in extra sugar. Let ripen in a covered container for several days.

Harriette Kirk

*Chiyo Rice uses 1 cup powdered sugar and 2 tablespoons cocoa in place of the chocolate bits and granulated sugar.*

Melt chocolate in double boiler over very low heat. When melted, add remaining ingredients. Pour into greased 8x8-inch buttered pan. Put in refrigerator for 1 hour before cutting. **NO COOKING!...and it is SUPER!**

Chiyo Rice



**4 to 6 cups sugar**  
**12 ounces evaporated milk**  
**10 ounces semisweet chocolate chips**  
**2 sticks butter**  
**1/2 to 1 tablespoon vanilla**

### **EASY MICROWAVE TRIPLE TREAT FUDGE**

**12 ounces chocolate chips**  
**1 cup chunky peanut butter**  
**3 cups miniature marshmallows**  
**3/4 cup raisins and/or nuts**

### **CHOCOLATE FUDGE**

**2 cups sugar**  
**3 tablespoons cocoa**  
**1 teaspoon vanilla**  
**1 stick margarine OR butter**  
**1/2 cup milk**

**In a tall pot, bring sugar and milk to a rapid boil; boil exactly 6 minutes. Remove from heat and stir in chips and butter. Pour into a greased 11x13-inch baking dish. Let the candy set for 24 hours. A pizza wheel works beautifully in cutting the fudge into squares. Have you ever tried salted peanuts in chocolate fudge?**

**Janine Cullen**

**Microwave chocolate chips and peanut butter in a 2-quart bowl on medium for 2 to 3 minutes or until melted. Stir after each minute. Fold in marshmallows, raisins and/or nuts. Pour into foil-lined 8-square pan. Chill until firm. Cut into 24 squares.**

**Jan Blackwell**

**Put sugar, cocoa and butter in a pot and add the milk. Bring to a rolling boil, stirring constantly and time for 1 1/2 minutes. Remove from heat and add vanilla. Beat, by hand, until thick enough to drop on a buttered dish. *Work fast! This sets up quickly.***

**Mary Fond Jones**

***Humidity affects all candies, so never make candy on wet or really humid days. Fudge and divinity are especially affected by the moisture in the air as are meringues.***

**2 1/2 cups granulated sugar**  
**1/2 cup light corn syrup**  
**1/4 teaspoon salt**  
**1/2 cup water**  
**2 egg whites**  
**1 teaspoon vanilla**

### **PEANUT BRITTLE**

**1/2 cup corn syrup**  
**1 1/2 cups granulated sugar**  
**1 teaspoon vinegar**  
**1/2 teaspoon baking soda**  
**1/2 teaspoon salt**  
**1 cup peanuts**

### **OHIO POPCORN BALLS**

**1/2 cup light corn syrup**  
**1/4 cup sugar**  
**3/4 cup peanut butter**  
**2 quarts plain popcorn**

In a 2-quart saucepan, combine sugar, syrup, 1/4 teaspoon salt and 1/2 cup water. Cook to hard-ball stage (260°), stirring only until sugar dissolves. Meanwhile, beat egg whites to stiff peaks; gradually pour syrup over egg whites, beating at high speed with electric mixer. Add vanilla and beat until candy holds its shape, 4 to 5 minutes. Quickly drop from a teaspoon onto waxed paper. Will serve 40. *Do not try to make on a rainy day!*

Gloria Jones

Combine syrup, sugar and vinegar in a pan. Place over low heat and stir mixture until it boils. Continue boiling to 260° or until a small amount of syrup forms a hard ball when dropped in cold water. Remove from heat. Stir in salt, soda and peanuts. Pour at once on greased baking sheet. When cold break into pieces. Makes 1 pound.

Blanche Merrill

In a saucepan mix corn syrup and sugar. Cook over medium heat; stir constantly until mixture comes to a boil and sugar is completely dissolved. Remove from heat. Stir in peanut butter until smooth. Immediately pour mixture over popcorn in large bowl. Stir until well coated. Grease hands and shape into 2 1/2 inch balls. Cool on waxed paper. Makes 8 balls.

Fran Krauthheim

*10 mini marshmallows = 1 large marshmallow*

3 cups creamy peanut butter  
3 cups powdered sugar  
3 cups Rice Krispies  
2 packages almond bark

### PEANUT BUTTER BALLS II

1 stick margarine  
2 cups peanut butter  
1 box powdered sugar  
1 1/2 pounds chocolate almond bark

### PEANUT BUTTER CANDY

3/4 cup margarine  
3 cups sugar  
2/3 cup evaporated milk  
1 1/2 cups peanut butter  
1 1/2 cups mini marshmallows  
1 teaspoon vanilla

### SUGAR COATED PEANUTS

1 cup sugar  
1/2 cup water  
2 cups raw peanuts with skins on

Using an electric mixer, cream together peanut butter and sugar. Fold in Rice Krispies. Form into 3/4-inch balls. Melt almond bark. Dip balls in cooling bark and place on waxed paper to harden.

Alice Spencer

Soften margarine and mix with peanut butter and sugar. Form into 1 inch balls. Chill until firm. Melt chocolate bark in double boiler over hot water. Dip balls into chocolate. Pick up dipped balls with toothpicks and place on a wax paper covered pan. Chill until firm.

Marie Edwards

In a deep saucepan bring the margarine, sugar and milk to a boil over medium heat. Boil for 5 minutes. Remove from heat and immediately add the peanut butter and marshmallows. Stir until almost smooth; add vanilla and beat until smooth. Pour into a greased 9-inch square pan. Cut into pieces when cold. *You can use a 9x13-inch pan if a thinner candy is desired.*

Margaret Childers

Dissolve sugar in water over medium heat. Add peanuts and continue to cook, stirring until nuts are completely sugar coated and no syrup remains. Pour and spread on ungreased cookie sheet. Bake at 300° for 20 to 30 minutes. Stir every 5 minutes.

Lucille Guthrie



7 ounces marshmallow creme  
2 cups powdered sugar  
1/8 teaspoon almond extract  
14 ounces caramel candies  
1/4 cup margarine  
3 cups pecan pieces

### DR. HAYMAN'S CHRISTMAS CANDY

3 pounds light brown sugar  
1 stick margarine OR butter  
8 ounces evaporated milk  
3 tablespoons sour cream  
12 ounces butterscotch morsels  
7 ounces marshmallow creme  
1 tablespoon vanilla extract  
1 1/2 cups chopped pecans



Mix together thoroughly the marshmallow creme, sugar and extract. Form into a stiff dough. Divide into 5 parts and roll each part into 5-inch lengths. Wrap and chill until cold. Melt caramels in double boiler. Add margarine and blend until smooth. Dip each log in the caramel sauce and roll in pecans. Place on greased platter. *Let guests slice the size they want or you can slice before serving.*

Evelyn Wooten

Combine the brown sugar, butter, canned milk and generous tablespoons of sour cream; cook over low to medium heat, stirring frequently to prevent burning. Be especially careful when the candy thermometer begins to climb above 230°. Cook to soft ball stage (240°). Remove from heat and add other ingredients except nuts. Blend with an electric beater, on low, for a few minutes, then switch to high setting and beat the mixture for 8 to 10 minutes. Near the end of the beating, add broken pecan meats and stir in with spoon, just before pouring into a non-stick sprayed pan or dish, large enough to receive the candy mixture. Makes approximately 5 pounds of candy. Cut into small squares when firm (2 to 3 hours), leave open for 24 hours, then store in container with tight fitting lid, layers separated by sheets of wax paper.

Carol Bessent Hayman

*Whole milk, low-fat milk and skim milk can be used interchangeably. Only the fat content is changed.*

**3 ounces cream cheese**

**2 1/2 cups powdered sugar, sifted**

**1/4 teaspoon vanilla**

**Pinch of salt**

**3 1/2 ounces coconut**

### **FRUIT ROLLS**

**1 box vanilla wafers, crushed**

**8 ounces chopped candied cherries**

**2 cups whole pecans**

**1 can CONDENSED milk**

**Powdered sugar**

Mix together the cream cheese, sugar, vanilla and salt. Make into 65 small balls and roll in coconut.

Gayle Murphy

Mix together and roll into logs on waxed paper. Thickness of log is at your discretion. Once logs are formed, roll in powdered sugar. Store wrapped in plastic wrap in refrigerator. It may be necessary to roll in powdered sugar again, before serving.

Dorothy Harker

### **ANSWERED PRAYER**

I asked for strength that I might achieve;

He made me weak that I might obey.

I asked for health that I might do greater things;

I was given grace that I might do better things.

I asked for riches that I might be happy;

I was given poverty that I might be wise.

I asked for power that I might have the praise of men;

I was given weakness that I might feel the need of God.

I asked for all things that I might enjoy life;

I was given life that I might enjoy all things.

I received nothing that I asked for, all that I hoped for.

My prayer was answered.

Author Unknown

What child (or adult) doesn't enjoy the thrill of sampling a pan of cookies fresh from the oven! Cookies are irresistible and there never seems to be enough of them. Not only are they fun to make, they are more fun to share. Try sharing some Secret Kiss Cookies or Best Ever Chocolate Chip Cookies with your own family. Maybe Fresh Apple Glazed Cookies or Fantasia Bars would be just right for that shut-in you plan to visit. Brighten someone's day...say, how about your own!

### **DING BATS**

- 1 cup sugar
- 1 cup finely chopped dates OR
- 1 cup raisins
- 1 egg, beaten slightly
- 1 stick margarine
- 2 cups Rice Krispies
- 1/2 cup chopped nuts
- 1 teaspoon vanilla

Cook sugar, dates, egg and margarine in double boiler until thick, 12 to 15 minutes. Add Rice Krispies, chopped nuts and vanilla to cooked mixture. Dip by 1/2 spoonful and use another spoon to push each cookie onto waxed paper. *May seem a little moist at first, but cereal soon dries up the moisture.*

Dolena Bell

### **SECRET KISS COOKIES**

- 1 cup softened stick butter
- 1/2 cup sugar
- 1 teaspoon vanilla
- 1 cup walnuts, ground OR chopped
- 2 cups all-purpose flour
- 5 3/4-ounce package chocolate Kisses
- Powdered sugar

Beat butter, sugar and vanilla at medium speed until fluffy. Add flour and nuts. Beat on low speed until well blended. Chill dough. Remove foil from kisses; using about 1 tablespoon dough, shape it around a kiss and roll to make a ball. Be sure to cover kiss completely. Place on ungreased cookie sheet. Bake at 375° for 12 minutes or until cookies are set, but not brown. Cool slightly. While still warm, roll in powdered sugar. Store in tightly covered container. Roll in sugar again before serving.

Dolena Bell



1 tablespoon honey  
1 cup sugar  
1 stick butter  
1 cup walnuts, chopped

### PEANUT BUTTER COOKIES

1 cup peanut butter  
1 cup sugar  
1 egg  
2 tablespoons flour  
1 teaspoon vanilla

### MAKE-AHEAD S'MORES

8 ounces semisweet chocolate  
14 ounces CONDENSED milk  
1 teaspoon vanilla  
2 cups mini marshmallows  
16 ounces graham crackers



Mix together and refrigerate for 1 or 2 hours. Make balls the size of walnuts. Bake at 325° for 35 minutes on cookie sheet.

Dolena Bell

Mix all ingredients together and make small balls. Put on cookie sheet and flatten with a fork. Bake at 350° until cookies are a medium brown. (Keep fingers wet while making balls. Do not put cookies too close together.)

Margaret Taylor

In a heavy saucepan, melt chocolate over low heat. Stir in milk and vanilla; cook and stir until smooth. Making 1 s'more at a time; spread 1 tablespoon chocolate mixture on each of two whole graham crackers. Place 5 to 6 marshmallows on one cracker; gently press the other cracker on top. Repeat with remaining chocolate, crackers and marshmallows. Wrap with plastic wrap; store at room temperature. Makes 16.

Jane Ledbetter

**1/2 cup shortening**  
**1/2 cup sugar**  
**1 egg**  
**1 cup mincemeat**  
**2 cups all-purpose flour**  
**1/2 teaspoon baking soda**  
**1/2 teaspoon salt**

Cream shortening, gradually add sugar, beating until light and fluffy. Add egg, beat well; add mincemeat, mixing well. Combine flour, soda, and salt; mix well, and stir into creamed mixture. Drop by teaspoon onto greased cookie sheets. Bake at 350° for 18 to 20 minutes. Makes 5 dozen.

Harriette Kirk

## **FRUIT CAKE COOKIES**

**1 pound cherries**  
**2 pounds dates**  
**3 pounds pecans**  
**5 1/2 cups self-rising flour, divided**  
**1 pound butter**  
**1 pound light brown sugar**  
**3 eggs**  
**1 tablespoon baking powder**  
**3 tablespoons evaporated milk**  
**1 tablespoon vanilla**  
**12 slices candied pineapple**  
**1 pint pineapple preserves**

Chop the fruits and nuts. Dust with 1 cup of the flour and stir to cover evenly. Cream butter, sugar, eggs, milk and vanilla. Add remaining flour and mix well. Add the fruits, nuts and preserves; mix well again. Drop from a spoon onto a greased cookie sheet and bake at 350° for 15 minutes.

Evelyn Wooten

**2 cups all-purpose flour**  
**1 teaspoon baking soda**  
**1/2 teaspoon salt**  
**1/2 cup shortening**  
**1 1/3 cups brown sugar**  
**1 teaspoon cloves**  
**1 teaspoon cinnamon**  
**1/2 teaspoon nutmeg**  
**1 egg**  
**1/2 cup butter, softened**  
**1 cup finely chopped apples**  
**1 cup nuts**  
**1 cup raisins**  
**1/4 cup milk**

**GLAZE:**

**1 1/2 cups powdered sugar**  
**1 tablespoon butter**  
**1/4 teaspoon vanilla**  
**1/8 teaspoon salt**  
**2 1/2 tablespoons cream**

Sift flour, soda and salt. Mix shortening with 1 1/3 cups brown sugar, spices and egg. Stir in 1/2 flour, then apples, nuts and raisins. Blend in liquid, then remaining flour. Drop by rounded tablespoons onto greased cookie sheet. Bake at 325° 11 to 14 minutes, or until lightly browned. While hot, spread with glaze.

Mix ingredients to spreading consistency and spread on hot cookies.

Thelma Ward



**1 stick butter**  
**5 tablespoons shortening**  
**3/4 cup powdered sugar**  
**1 teaspoon vanilla**  
**1 1/2 cups self-rising flour**  
**1 1/2 cups pecan pieces**

### **PECAN SANDIES**

**1 cup butter**  
**1/4 cup powdered sugar**  
**1/2 cup light brown sugar, packed**  
**1 tablespoon vanilla**  
**1 tablespoon water**  
**2 cups all-purpose flour**  
**1 cup chopped pecans**  
**Powdered sugar**

### **POLISH TEA CAKES**

**1/2 cup butter (margarine can be used)**  
**1/2 cup sugar**  
**1 egg yolk, slightly beaten**  
**1 cup all-purpose flour**  
**1/2 teaspoon salt**  
**1/2 teaspoon vanilla**  
**Egg white**  
**Chopped nuts**  
**Favorite preserves**

Mix butter, shortening, sugar, vanilla, flour and pecans. Drop with a teaspoon onto ungreased cookie sheet and bake for 18 to 20 minutes at 300°.

Delphine Geller

Cream butter (can use 1/2 butter and 1/2 margarine), powdered sugar and brown sugar, add vanilla, flour and pecans, mix well. Refrigerate overnight. Form into small balls and shape into crescents. Bake on ungreased cookie sheet in slow oven (300°) for 20 minutes or until delicately brown. While hot, roll in powdered sugar and store in air-tight container. *2 tablespoons imitation vanilla may be used in place of the regular vanilla and water.*

Kerry Smith

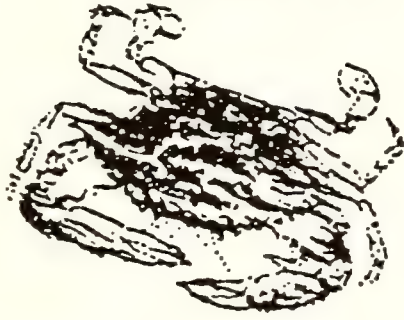
Cream butter and sugar until light. With the mixer running, add egg yolk. Sift flour with salt and mix. Roll dough in small balls, dip in unbeaten egg white and roll in finely chopped nuts. Place on a buttered baking sheet and press down center of each with a thimble. Bake in a 325° oven for 5 minutes. Remove and press down again with thimble and return to oven for about 10 to 15 minutes. Remove from oven and fill hole in center with preserves while still warm.

Doris Willis

**3 egg whites**  
**1/2 cup sugar**  
**6 ounces chocolate chips, melted**  
**1 cup grated coconut**  
**1/2 teaspoon vanilla**

### **FORGOTTEN COOKIES**

**2 egg whites**  
**2/3 cup sugar**  
**1 cup nuts**  
**1 teaspoon vanilla**  
**6 ounces chocolate chips**



Beat egg whites until fluffy; add sugar slowly and the melted chocolate. Stir in coconut and vanilla. Drop by teaspoons onto greased cookie sheet and bake at 325° for 13 minutes.

Edna Bjerke

Turn the oven to 300° and allow to heat while preparing these cookies. Beat the eggs whites until they are very stiff. Slowly add the sugar. Fold in the remaining ingredients. Put cookies on foil lined cookie sheet by the teaspoon. Place in oven and turn off. Leave in the oven overnight or for 2 1/2 hours. *Edna says that aluminum pie pans work beautifully.*

Edna Bjerke

### **LACY OATMEAL COOKIES**

**1 cup quick Quaker oats**  
**1 cup sugar**  
**2 tablespoons + 2 teaspoons all-purpose flour**  
**1/4 teaspoon salt**  
**1/4 teaspoon baking powder**  
**2 tablespoons grated coconut**  
**2 tablespoons chopped nuts**  
**1 stick margarine, softened**  
**1 teaspoon vanilla**  
**1 beaten egg**

Mix together all the dry ingredients. In another bowl combine the softened margarine, vanilla and egg; add to the dry ingredients and mix well. Line a cookie sheet with aluminum foil. Roll the dough in small balls and place three inches apart on the foil. Bake at 350° for 8 to 10 minutes...until light brown. Cool on foil, before removing.

Vivian Huntley

- 1 teaspoon vanilla
- 3 cups dry oatmeal
- 1 stick margarine
- 2 cups sugar
- 1/4 cup cocoa
- 1/2 cup evaporated milk
- Pinch salt



### BEST CHOCOLATE CHIP COOKIES

- 1 cup butter OR margarine, softened
- 1/2 cup Crisco
- 1 1/3 cups sugar
- 1 cup firmly packed brown sugar
- 4 eggs
- 1 teaspoon lemon juice
- 1 tablespoon vanilla
- 3 cups all-purpose flour
- 2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1 teaspoon ground cinnamon
- 1/2 cup instant oats
- 24 ounces chocolate chips
- 1 1/2 cups chopped walnuts

Measure the vanilla and oatmeal; set aside. Mix together the other ingredients in a saucepan; boil exactly one minute. **QUICKLY** mix in the vanilla and oatmeal and dab onto wax paper. *This cookie sets up in almost no time. YOU MUST WORK QUICKLY!!!!*

Joyce Gutknecht

In a large bowl with an electric mixer, beat the butter, shortening, sugar and brown sugar for 5 minutes on high, or until light and fluffy. Add the eggs one at a time, beating well after each. Add the lemon juice and vanilla. In another bowl, stir together the flour, baking soda, salt, cinnamon and oats. Gradually add to the butter mixture, blending thoroughly. Stir in the chocolate chips and walnuts. Use about 1/4 cup of the dough for each cookie. Drop the dough onto lightly greased baking sheets, spacing cookies about 3 inches apart. For soft cookies, bake in a preheated 325° oven 17 to 19 minutes OR until light golden brown. For crisp cookies, bake in a preheated 350° oven 16 to 18 minutes OR until golden brown. Cool on racks and store in air-tight containers. *This recipe makes 3 dozen MONSTER cookies.*

Linda Gillikin



- 1 cup graham cracker crumbs
- 6 ounces chocolate chips
- 3/4 cup all-purpose flour
- 2 cups sugar
- 1 cup evaporated milk
- 1 stick margarine
- 1 cup chopped nuts
- 1 teaspoon vanilla

Mix together the crumbs, chocolate chips and flour; set aside. In a large saucepan mix the sugar, milk and margarine. Bring to a boil and boil 8 to 10 minutes. Stir the sugar mixture into the chocolate mixture until the chocolate is melted. Add the nuts and vanilla. Spread in a buttered 9x11-inch OR 12x14-inch pan (depending on the thickness you like). Cut into bars when cooled.

Alice Spencer

### SUGAR COOKIES

- 1 cup shortening
- 1 1/2 cups sugar
- 2 eggs
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 2 teaspoons vanilla

Thoroughly mix all the ingredients. Divide the dough in half and wrap in wax paper; chill 1 hour. Roll out, cut into shapes and bake at 375° for 8 to 10 minutes.

Dorothy Harker

### FUDGESCOTCH SQUARES

- 1 1/2 cups graham cracker crumbs
- 1 can CONDENSED milk
- 6 ounces semisweet chocolate morsels
- 1 cup chopped pecans
- 6 ounces butterscotch morsels

Mix the above ingredients and pour into a lightly sprayed 9-inch square pan. Bake 30 to 35 minutes at 350°.

Patty Springle

## PEANUT CHOCOLATE CUPS

### COOKIE:

2 eggs  
2 cups sugar  
1/2 cup shortening  
4 1/4 cups sifted all-purpose flour  
2 teaspoons baking soda  
1/2 teaspoon salt  
1/2 teaspoon baking powder  
1 cup sour milk  
2 teaspoons vanilla  
1/2 cup cocoa  
1/2 cup boiling water  
*FILLING:*  
1 pound powdered sugar  
1 pint marshmallow creme  
1/2 pound butter OR margarine

### FANTASIA BARS

1/2 cup butter OR margarine  
1 1/2 cups graham cracker crumbs  
1/4 cup sugar  
14 ounces **CONDENSED** milk  
1 1/2 cups flaked coconut  
1/2 cup pecan pieces  
1/2 cup chocolate chips, melted

Mix cookie ingredients as for a cake. Drop on cookie sheet by the teaspoon full. Bake at 400° until done. To make sandwich cookies, make filling. Soften butter and blend in creme and sugar until smooth and creamy. Divide baked cookies into sets of two each of equivalent size. Spread 1 cookie with filling and top with the second cookie.

Carol Anselmo

Preheat oven to 350°. Melt margarine in 1 quart sauce pan. Remove from heat and stir in crumbs and sugar. Pat firmly into the bottom of a 9x13-inch pan. Bake 10 minutes. Mix coconut and milk together and spread over the hot crust. Bake an additional 12 minutes. Cool in pan 10 minutes. Spoon melted chocolate chips and pecan pieces on top. Cool until chocolate sets. Cut into 48 squares.

Jan Blackwell

## **EVELYN SNOWDEN'S CREAM WAFERS**

### **1 cup soft BUTTER**

**Granulated sugar**

**1/3 cup whipping cream**

**2 cups all-purpose flour**

### ***FILLING:***

**1/4 cup soft butter OR margarine**

**3/4 cup powdered sugar**

**1 teaspoon vanilla**

**Food coloring of choice**

Thoroughly mix butter, cream and flour. Cover and chill. Heat oven to 375°. Remove 1/3 of the dough from the refrigerator and roll 1/8-inch thick on a floured, cloth covered board. Cut into 1 1/2-inch rounds. Transfer rounds, using a spatula, to a piece of waxed paper that is heavily covered with granulated sugar; turn each round so that both sides are coated with sugar. Place on an ungreased baking sheet. Prick each round with a fork about four times. Bake 7 to 9 minutes or just until set BUT NOT BROWN. Cool. Repeat with the remaining dough. Put cookies together in pairs with CREAMY FILLING made by creaming butter, sugar, and vanilla until smooth and fluffy. Tint with food coloring if desired. Add a few drops of water (one at a time) for proper consistency, if necessary. *This recipe makes about 5 dozen cookies and they are perfect for teas, weddings, etc.*

Macon Snowden

## **LOUISE POTTER DAVIS' DEEP DISH BROWNIES**

**3/4 cup margarine, melted**

**1 1/2 cups sugar**

**1 1/2 teaspoons vanilla**

**3 eggs OR egg substitute**

**3/4 cup all-purpose flour**

**1/2 cup cocoa**

**1/2 teaspoon baking powder**

**1/2 teaspoon salt**

Heat oven to 350°. Grease an 8-inch pan. In medium bowl blend melted butter, sugar and vanilla. Add eggs and beat well with spoon. Combine flour, baking powder and salt. Gradually add to egg mixture, beating until well blended. Bake 40 to 45 minutes or until brownies begin to pull away from sides of pan. Cool completely.

Rosemary Garrish



### LOTTIE BARS

48 graham cracker bars  
1/2 cup BUTTER  
1/2 cup margarine  
1/2 cup sugar  
1 cup chopped nuts

### BLOND BROWNIES

1 cup sifted flour  
1/2 teaspoon baking powder  
1/8 teaspoon baking soda  
1/2 cup chopped nuts  
1/2 teaspoon salt  
1 cup brown sugar  
1/3 cup butter OR shortening  
1 teaspoon vanilla  
1 egg, slightly beaten  
6 ounces chocolate chips

### CONGO BARS

2 cups brown sugar  
1 stick margarine, melted  
3 eggs, beaten  
2 cups self-rising flour  
1 teaspoon vanilla  
6 ounces semisweet chocolate chips  
1 cup nuts

Line a jelly roll pan with foil. Separate crackers and line them in the pan. They should cover the bottom. In saucepan, melt butter and margarine; add sugar. Bring to a hard rolling boil and boil for 2 minutes. Pour over crackers; sprinkle with nuts. Bake at 350° for 10 minutes. Remove and separate while hot.

Anna Lou Haskins

Measure 1 cup sifted flour. Add baking powder, baking soda and salt. Sift again. Add the nuts and mix well. Set aside. Melt the butter or shortening. Add the firmly packed brown sugar and mix well. (If shortening was used, add 1 tablespoon hot water at this point). Cool slightly. Add the egg and vanilla; blend. Add the flour mixture, a little at a time, mixing after each addition. Spread in a greased 9-inch pan. Sprinkle chocolate bits over top. Bake 350° for 20 to 25 minutes.

Carol Anselmo

Mix melted margarine and sugar together. Add eggs and stir; mix in flour until well mixed. Add vanilla, nuts and chips. Mix and bake in a greased 9x13-inch pan for 30 minutes at 300°.

Elizabeth Kirk



**16 ounces Hershey's chocolate syrup**

**2 cups all-purpose flour**

**1 stick BUTTER, softened**

**1/2 teaspoon salt**

**1 teaspoon vanilla**

**1 cup sugar**

**FILLING:**

**2 cups powdered sugar**

**1/2 stick BUTTER**

**2 tablespoons cream de menthe**

**A little milk, if needed**

**TOPPING:**

**6 ounces chocolate chips**

**1/2 stick butter**

## **EASY CREAM CHEESE SQUARES**

**CRUST:**

**1 cup sugar, divided**

**1/3 cup BUTTER**

**1 1/2 cups graham cracker crumbs**

**FILLING:**

**1 can blueberry pie filling**

**TOPPING:**

**24 ounces cream cheese**

**4 eggs**

**1 teaspoon vanilla**

**Garnishes (optional)**

Sift flour and salt; set aside. Cream the sugar and butter, add the flour/salt mixture along with the syrup. Add the vanilla. Pour into a greased 13x9-inch pan. Bake at 350° for 25 to 28 minutes. COOL COMPLETELY. While cooling, prepare the filling by creaming the sugar and butter together. Add the cream de Menthe (and the milk if needed) to make a spreading consistency. Spread over the Brownies. Chill 1 hour. Melt the chips and butter together; stirring until smooth. Pour over the chilled brownies. Chill until serving time.

Harriette Kirk

Preheat oven to 325°. To prepare crust: In a medium saucepan place 1/4 cup sugar and butter; heat until butter is melted, stirring occasionally. Stir in graham cracker crumbs; press mixture evenly over the bottom of a 13x9-inch baking pan. In a large bowl with an electric mixer, beat cream cheese until smooth. Gradually beat in remaining 3/4 cup sugar. Beat in eggs, one at a time, and vanilla, until well blended. Spoon blueberry filling evenly over crust. Carefully pour cream cheese mixture over blueberries. Bake just until set, 45 to 50 minutes. Cool. Chill until cold, about 2 hours or longer. Serve with strawberry halves or mint leaves, if desired.

Harriette Kirk

**6 ounces semisweet chocolate chips**  
**1/2 teaspoon vanilla**  
**2 tablespoons margarine OR butter**  
**2 eggs**  
**2 cups biscuit baking mix**  
**1 cup mini marshmallows**  
**1 cup sugar**  
**1/4 cup chopped nuts**



**DATE BARS**  
**1 cup sugar**  
**3 well beaten eggs**  
**1 cup all-purpose flour**  
**1/4 teaspoon salt**  
**1 teaspoon baking powder**  
**1 1/2 cups chopped dates**  
**1 teaspoon vanilla**  
**1 cup chopped pecans**

**BROWN SUGAR BROWNIES**  
**1 egg**  
**1 cup light brown sugar, packed**  
**1/2 cup margarine**  
**1 cup all-purpose flour**  
**1 teaspoon baking powder**  
**2/3 cup pecans**  
**1 teaspoon vanilla**

Heat oven to 350°. Grease a 13x9-inch pan. Heat 1/2 cup chocolate chips and the margarine in heavy 1 quart saucepan over low heat, stirring occasionally, until melted. Mix baking mix, sugar, vanilla and eggs. Stir in chocolate mixture; spread in pan. Bake 15 minutes. Sprinkle marshmallows, nuts and remaining chocolate chips. Bake 10 to 15 minutes or until marshmallows are light brown. Cool completely; cut into about 2-inch squares. Makes 30 bars.

Harriette Kirk

Slowly add sugar to eggs; beat well. Add sifted dry ingredients; beat smooth, add dates, vanilla and nuts. Pour into 9x13-inch pan lined with wax paper. Bake in 350° oven for 30 minutes. While warm, remove from pan and remove wax paper; cut in 1x4-inch bars; roll in powdered sugar. Makes 24 bars.

Lucille Guthrie

Combine egg, sugar and margarine well. Add dry ingredients and pecans. Stir and add vanilla. Pour into a greased 8 or 9-inch pan and bake at 350° for 20 minutes or until toothpick comes out clean. *Carolyn says she usually doubles the recipe. They go quickly!!!*

Carolyn Whitley



## **COOKIES**

Melt butter, add sugars and eggs. Mix well and add the vanilla, mixing again. Fold in balance of ingredients. Pour into a 9x13-inch pan and bake at 350° for 30 to 40 minutes. **DO NOT OVERCOOK.**  
Holly Smith

2 sticks butter  
1 cup dark brown sugar  
1 cup light brown sugar  
2 eggs  
1 tablespoon vanilla  
2 cups chopped nuts  
2 cups self-rising flour

## **HOLIDAY MINCE SQUARES**

2 cups quick cooking oats  
2 cups all-purpose flour  
1 3/4 cups firmly packed brown sugar  
1 1/2 teaspoons salt  
1 teaspoon cinnamon  
1 cup BUTTER  
28 ounces mincemeat  
1/2 cup chopped nuts

In a large bowl, combine the oats, flour, sugar, salt and cinnamon. Add the butter; cut in until mixture is in fine crumbs. Pat 2/3 the crumb mixture into a greased 9x13-inch pan. Spoon the mincemeat evenly over the top of the crust. Mix the nuts with the remaining crumbs and sprinkle over the mincemeat. Bake at 350° for 1 hour. Cool in pan and cut in squares.

Margie Linnemeier

*Red wine on your best tablecloth? Not to worry, cover the damp spill with table salt and allow to dry. Brush away the salt and stain when it is dry!*

## **Cobblers and Puddings**

Sugar isn't good for us, a fact we rediscover at Holiday time when the price goes up (along with our weight), but sweets are still high on our list of favorites. Cobblers, puddings and crisps are good desserts to round out a light lunch or supper. We have several wonderful cobblers to choose from and pudding recipes for you to try...Banana Pudding, Delicious Rice Pudding...or maybe a nice soothing old fashioned Boiled Custard. Have you ever had a bread pudding made with doughnuts? Try the *Louisburg Cafe Bread Pudding!*

### **"CHOOSE YOUR FRUIT" COBBLER**

1 quart fruit of choice (berries,  
cherries, apples)  
1/2 cup sugar  
1 teaspoon nutmeg  
1 teaspoon cinnamon  
1/2 teaspoon lemon juice (optional)  
1 stick margarine  
1 cup self-rising flour  
1 cup milk  
3/4 cup sugar

Set oven at 375°. Place the baking dish, with 1 stick of margarine, in the oven; melt margarine. Meanwhile mix together the fruit, 1/2 cup sugar, spices. (Add lemon juice if you are using apples.) Set aside. Mix together the flour, milk and 3/4 cup sugar; add the melted margarine and stir. Place the fruit in the pan the margarine was melted in and pour the batter on top of the fruit. Bake at 375° for 45 minutes.


Ruby Dudley

### **EASY PEACH COBBLER**

1/3 cup butter  
1 cup self-rising flour  
2 cups sugar, divided  
1 cup milk  
1/2 teaspoon almond extract, optional  
4 cups sliced fresh peaches

Melt butter in a 9x13-inch pan. Combine flour, 1 cup sugar, milk and almond extract, if desired; mix well. Pour over melted butter; DO NOT STIR. Combine peaches and remaining sugar in saucepan; bring to a boil. Pour over batter, DO NOT STIR. Bake at 375° for 30 minutes, or until browned. 10 servings.

Frances Baugh



**1 1/2 cups all-purpose flour**  
**1 cup milk**

**2 cups sugar (more if fruit sour)**

**Pinch of salt**

**2 tablespoons baking powder**

**6 tablespoons butter**

**1 quart berries OR fruit of your choice**

### **BOILED CUSTARD**

**1 cup milk**

**1 egg**

**1/4 cup sugar**

**1/2 teaspoon vanilla**

These ingredients are for one serving. If you choose to make 5 servings, increase the ingredients five times. In a double boiler, combine the milk, egg and sugar for however many servings you wish to prepare. Cook gently until the custard coats a metal spoon. Add 1/2 teaspoon vanilla per egg. Pour into serving dishes and serve warm or chilled. Makes 1 serving

Lou Nicks

### **ANGEL FOOD DELIGHT**

**1 small instant vanilla pudding**

**10 ounces frozen strawberries with juice**

**8 ounces crushed pineapple with juice**

**1 banana, sliced**

**1 small non-dairy dessert topping**

**1 angel food cake, bite-size pieces**

Mix first 5 ingredients together in a 1 1/2-quart bowl. Add bite-size cake pieces and stir. Refrigerate for 2 hours before serving.

Pat Humphrey



**1 large box instant vanilla pudding**  
**1 small box instant French vanilla**  
**pudding**

**Milk**

**8 ounces sour cream**

**Box of vanilla wafers**

**Bananas, thinly sliced**

**Cool Whip**

**Nutmeg**

### **CREAMY BANANA PUDDING**

**1 can CONDENSED milk**

**1 1/2 cups cold water**

**1 small instant vanilla pudding**

**8 ounces Cool Whip**

**1 box vanilla wafers**

**3 medium bananas**

**Lemon juice**

### **LOUISBURG CAFE BREAD PUDDING**

**6 eggs, beaten**

**1 cup raisins**

**6 cups milk**

**3/4 cup sugar**

**10 to 12 cups doughnuts pieces**

Mix both puddings as directed on boxes; combine puddings and refrigerate for 5 minutes. Add sour cream to puddings and whisk until thoroughly mixed. Refrigerate 10 minutes more. Line a large, deep bowl with wafers, bananas, then pudding, and top with Cool Whip. Repeat layering until the bowl is full, ending with Cool Whip. Sprinkle with nutmeg. Chill at least 5 hours or overnight before serving. Serves a large crowd.

Joyce Lillard

Slice bananas and dip in lemon juice to prevent their darkening. Combine water and milk; add pudding mix and mix well. Chill 5 minutes. Fold in Cool Whip. Spoon 1 cup pudding mixture into 2 1/2-quart glass serving bowl. Top with 1/3 each wafers, bananas and pudding. Repeat layering twice, ending with pudding. Chill thoroughly. Garnish as desired. Refrigerate leftovers. *NOTE: Can use sugar free pudding mix and Light Cool Whip.*

Rosemary Garrish

Combine first 4 ingredients in a large bowl. Blend in pieces of doughnuts. Pour mixture into a greased 13x9-inch baking pan. Bake at 350° for 45 minutes or until set. Makes 24 servings.

Harriette Kirk

## **PEACH PUDDING**

**10 to 12 biscuits**

**Milk to soften (1 to 2 cups)**

**1 cup sugar**

**2 eggs**

**Cinnamon, nutmeg to taste**

**Vanilla to taste**

**2 cups fruit, if desired**

## **SWEDISH APPLE BREAD PUDDING**

**9 slices firm, white bread**

**2 cups light cream OR half-and-half**

**1/2 cup sugar**

**1/2 cup water**

**1/2 teaspoon vanilla**

**6 medium tart apples, peeled and sliced**

**2 eggs**

**1/2 teaspoons cinnamon**

**1/4 teaspoon cardamom**

**2 tablespoons butter**



Preheat oven to 400°. Crumble the biscuits and add milk to soften the bread. Add the sugar and the beaten eggs. Mix well and add the remaining ingredients. Fruit can be added (peaches are great!), if desired. Pour into a buttered 9-inch square pan and bake about 35 minutes or until light brown. 6 servings.

Elizabeth Lewis

Slice the bread in half and layer 1/3 the bread in a buttered, shallow 2 1/2-quart baking dish. Evenly drizzle 1/2 cup of the light cream OR half-and-half over the bread. In a medium saucepan, mix sugar and water; bring to boiling. Cover and reduce heat; simmer 5 minutes. Remove from heat, stir in vanilla and return to medium heat. Add about 1/3 the apple slices to the syrup and simmer for 3 minutes. Remove with a slotted spoon and repeat until all the apple slices have been poached. Reserve the sugar syrup used for poaching. Place 1/3 the apples over the bread slices. Make another layer of 1/3 the bread. Cover evenly with the remaining apples and top with the remaining bread. Beat eggs slightly; mix in cinnamon, cardamom, remaining 1 1/2 cups half-and-half and the sugar syrup from the poached apples. Pour egg mixture evenly over the bread and dot with butter. Bake at 350° until top layer of bread is brown and crusty, about 1 hour. Serve hot or at room temperature with additional light cream, if desired. 6 servings.

Kathryn Lockwood

## **MAKILHA WASHINGTON PUDDING**

1/2 cup butter  
1 1/2 cups sugar  
3 eggs, separated  
2 scant cups bread crumbs  
Milk to cover crumbs  
1 cup sweet wine  
1/2 pound seedless raisins  
5 tablespoons sugar  
1/2 teaspoon vanilla

## **DELICIOUS RICE PUDDING**

3 cups cooked rice  
1 quart milk  
1 cup sugar (heaping)  
2 eggs  
2 teaspoons cornstarch (heaping)  
12 ounces evaporated milk  
1 teaspoon vanilla

## **HONEY RICE PUDDING**

1/2 cup raw rice  
4 cups milk  
1/4 cup honey  
1/2 teaspoon salt  
1/2 cup raisins  
1/4 teaspoon ground nutmeg  
1 teaspoon grated lemon peel

Cream butter and 1 1/2 cups sugar. Add well beaten yolks and bread crumbs which have been soaked in milk. Add raisins and wine; blend. Pour into a buttered 2-quart baking dish. Bake in a moderate oven (350°) until pudding begins to set. While the pudding bakes, make a meringue from the egg whites, 5 tablespoons sugar and vanilla. Remove pudding and cool slightly. Spread top with meringue. Brown in a 300° oven. Serve hot or cold.

Frances Jeffreys

Scald the quart of milk and add sugar. In a bowl place eggs, cornstarch and evaporated milk; mix well and add to the heated milk and sugar. Stir continuously; when mixture starts to boil lightly, remove from stove. Add cooked rice and vanilla. Place in a large bowl. If desired, sprinkle cinnamon on top.

Combine all ingredients in a greased 1 1/2-quart baking dish. Bake in 300° oven about 2 hours or until pudding is of creamy consistency. Serve with honey or cream. 6 servings.

John McLeod



**CHOCOLATE PUDDING CUPPING**  
 1 cup all-purpose flour, sifted  
 2 tablespoons baking powder  
 1 teaspoon salt  
 2/3 cup sugar  
 6 tablespoons cocoa, divided  
 1/2 cup milk  
 2 tablespoons oil  
 1 teaspoon vanilla  
 1/2 cup chopped pecans  
 1 cup brown sugar  
 1 1/2 cups boiling water

Mix sifted flour, baking powder, salt, sugar and 2 tablespoons cocoa. Add milk, oil, and vanilla. Mix only until smooth. Add pecans. Pour into a greased, shallow 1 1/2-quart baking dish. Mix brown sugar and remaining 4 tablespoons cocoa, sprinkle over mixture. Pour 1 1/2 cups boiling water over top. Bake at 350° for 40 minutes. *This was one of my Daddy's favorite things. He would pour milk over the pudding and eat it while it was warm.* 4 to 6 servings.

Gayle Murphy

## Pies and Desserts

You can like cake and you can like ice cream, especially the ones we have included here, but to some people pie is dessert. We have a couple of crusts for you to try and add a delicious pie fillings. Some of the ones you have to choose are: Carolina Inn Chess Pie, Buttermilk-Coconut Pie, Holden's Chocolate Pie (a favorite at Dora's Dinette for many years) and be sure to try Peach Heaven and Four-Decker Mocha Dessert! They're all terrific. Oh, I forgot to tell you about Silky Key Lime Pie and Peach Blueberry Glop!!

### PECAN CRUST

1 1/2 cups chopped pecans  
 3 tablespoons sugar  
 2 tablespoons BUTTER, softened  
 1/4 cup unsifted all-purpose flour

Combine all ingredients, mixing well. Press onto sides and bottom of a 9-inch pie pan. Bake at 400° for 8 to 10 minutes. Cool and fill.  
 Blanche Merrill

**1/4 teaspoon salt**

**1/2 cup cooking oil**

**1/3 cup cold milk**



## **APPLE PIE**

**1 cup sugar**

**1/4 teaspoon nutmeg**

**1/4 teaspoon cinnamon**

**5 to 7 apples**

**1 egg**

**1/4 cup margarine, melted**

**2 pie crusts**

## **BLUEBERRY-BANANA PIE**

**8 ounces cream cheese**

**1/3 cup sugar**

**9-inch baked pie shell**

**2 bananas, sliced**

**1 can blueberry pie filling**

**1 cup whipping cream, whipped**

Sift together the flour and salt. Being careful not to stir, pour the milk and oil into a measuring cup and add all at once to the flour and salt. Stir with a fork; form into balls. Place each ball of dough between 2 sheets of wax paper and roll into a circle large enough to fit inside your pie plate. (Dampen the surface under the wax paper so it won't slip!) Peel the paper and fit into the pie plate and proceed with the pie, covering with the remaining crust, or making two topless pies.

Cookbook Committee

Mix together the sugar, nutmeg and cinnamon; set aside. Slice the apples and mix with the sugar-spice mixture. Pour into 1 of the crusts. Beat the egg and pour over the apples in the pie shell. Pour the melted margarine over the apples. Top with the remaining pie crust for a two crust pie OR cut the remaining pie crust into strips and make a lattice top. Bake 45 minutes in a 350° oven. 6 to 8 servings.

Carolyn Jones

Combine cream cheese and sugar. Beat at high speed with an electric mixer until light and fluffy. Spread evenly over bottom of cooled pie shell. Arrange banana slices over cream cheese layer. Spread pie filling over bananas. Top with whipped cream and chill. Whipped cream can be omitted. *NOTE: Can use apple, strawberry, cherry, peach pie filling for the blueberry, if desired.*

Joyce Gibbs

### APPLE PECAN PIE

1 can apple pie filling, poured into  
9-inch pie pan  
3/4 cup melted butter  
1 egg  
Pinch of salt  
1 cup sugar  
1 cup all-purpose flour  
1/2 cup chopped pecans

### FRESH BLUEBERRY CREAM PIE

2 tablespoons all-purpose flour  
1 cup sour cream  
3/4 cup sugar  
1 teaspoon vanilla  
1/4 teaspoon salt  
1 egg, beaten  
2 1/2 cups fresh blueberries  
9-inch unbaked pie shell  
3 tablespoons all-purpose flour  
1 1/2 tablespoons butter  
3 tablespoons chopped pecans

Mix together and pour over apples in pan. Bake at 350° for 45 minutes. *VERY GOOD!!*

Joyce Gibbs

Combine flour, sour cream, sugar, vanilla, salt and egg. Beat 3 to 5 minutes (or until smooth) at medium speed with electric mixer. Gently fold in blueberries. Pour into pie shell and bake at 375° for 25 minutes. Remove from oven. Combine remaining ingredients and sprinkle over top of pie. Bake an additional 10 minutes. Cool. 6 to 8 servings.

Thelma Ward

*Be sure to spread the meringue all the way to the crust (and maybe up the sides some) so it won't pull away from the edge when it bakes.*



## **CANTALOUPE PIE**

**1 medium cantaloupe**  
**3 ounces cream cheese, softened**  
**1/4 cup sugar**  
**2 envelopes gelatin**  
**1/2 cup orange juice**  
**9-inch graham cracker crust, chilled**  
**Sweetened whipped cream OR**  
**8 ounces Cool Whip**  
**Cantaloupe balls OR thin slices**

Cut melon in half; remove seeds, and peel. Cut into chunks and place in container of electric blender; process until smooth. Combine 1/2 cup melon purée and cream cheese in blender container; process until smooth. Add remaining purée; set aside. Combine sugar, gelatin and orange juice in a small saucepan; let stand 2 minutes. Cook over low heat, stirring until sugar and gelatin dissolve. Slowly add to melon mixture, stirring well. Pour into chilled crust; chill until firm. Garnish with whipped cream and cantaloupe balls. 6 to 8 servings.

**Jeanne Simpson**

## **CAROLINA INN CHESS PIE**

**2 1/2 cups sugar**  
**4 teaspoons all-purpose flour**  
**3 teaspoons cornmeal**  
**1/2 stick butter**  
**2 lemons, juice and rind**  
**5 eggs**  
**1/3 cup milk**  
**1 pie shell**

Mix the sugar, flour and cornmeal together. Cream in the butter, lemon juice and rind. Carefully add the eggs and milk, mixing as little as possible to combine. Pour into the pie shell and bake at 325° until set.

**Doris Wright**

*The grittiness disappears in cracker crumb crusts if you dissolve the sugar in the melted margarine before adding the crumbs.*

1 cup brown sugar  
1/2 cup butter  
3 eggs

1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
2 teaspoons vinegar  
1 cup finely chopped dates  
1 cup chopped nuts

Pie pastry for 1 pan OR individual  
muffin pans



Margie Windley

Beat sugar, butter and eggs until fluffy; add spices, vinegar, dates and nuts. Pour into an uncooked pie shell or into pastry lined muffin pans. Bake at 350° until firm in the center. *Margie says that Mrs. Windley was one of the best cooks she has ever known.* 6 to 8 servings.

### CHOCOLATE FUDGE PIE

1 cup sugar  
1/2 stick margarine  
3 tablespoons cocoa  
2 tablespoons milk  
2 eggs  
1 teaspoon vanilla  
1 unbaked pie shell

Melt sugar and margarine. Stir in cocoa, then milk. Add eggs and mix well. Stir in vanilla, pour in unbaked pie shell and bake 30 minutes at 350°.

Hugh Talton, Jr.

### CHOCOLATE HERSHEY PIE

1 large Hershey bar  
1 large Cool Whip  
1 graham cracker pie crust

Melt chocolate over low heat. Stir often. Remove from heat and add Cool Whip. Stir well. Pour in crust and chill overnight. *NOTE: Whipped cream can be used in place of the Cool Whip.*

Anna Marie Freeman  
*Jeanne Simpson adds 18 marshmallows and 1/2 cup milk when she melts the chocolate.*

## GERMAN CHOCOLATE PIE

- 1 1/2 (4-ounces each) packages German chocolate
- 1/3 cup milk
- 1 graham cracker crust
- 3 ounces cream cheese
- 3 1/2 cups non-dairy whipped topping, thawed

## HOLDEN'S CHOCOLATE PIE

- 5 cups sugar, divided
- 1/2 teaspoon salt
- 6 heaping tablespoons cornstarch
- 7 heaping tablespoons cocoa
- 9 eggs, separated
- 5 cups scalded milk
- 1/4 cup water
- 3 9-inch baked pie shells
- 3 tablespoons vanilla

## BUTTERMILK-COCOONUT PIE

- 3 eggs
- 1 1/4 cups sugar
- 1/2 cup butter or margarine
- 1/3 cup buttermilk
- 1 teaspoon vanilla
- 1 1/3 cups flaked coconut
- 1 unbaked pie shell

Finely chop 1/2 package chocolate, set aside. Melt remaining chocolate in 2 tablespoons milk over low heat, mixing well. Beat milk and cream cheese; add chocolate mixture. Beat until smooth. Fold in whipped topping until well blended. Fold in chopped chocolate. Pour in crust and freeze 4 hours. Let stand 1 hour before serving.

Harriette Kirk

Combine 4 cups sugar, salt, cornstarch and cocoa; mix into a paste using 9 egg yolks and the water. Slowly add some of the scalded milk to the egg paste while stirring constantly. Add the warmed egg mixture to the remaining milk and cook until thick...**STIRRING CONSTANTLY!** Add the vanilla. Pour filling into 3 baked pie shells. Beat the egg whites and the remaining cup of sugar until thick and able to stand on its own. Cover the fillings with this meringue and bake in a 325° oven for 20 to 25 minutes or until the meringue is browned to your taste. Makes 3 pies.

Holden Ballou

Beat eggs; add sugar, butter, milk and vanilla. Mix well. Stir in coconut. Pour into pastry shell. Bake at 350° for 45 minutes or until set. *If you prefer, this pie may be baked at 400° for 15 minutes; then 325° for 15 minutes.*

Minnie Simpson  
Martha James



### **COCONUT PIES**

2 cups sugar  
6 eggs  
2 cups milk  
1 teaspoon orange flavoring  
2 packages frozen coconut OR 1 whole fresh coconut  
2 unbaked pie shells  
1 teaspoon BUTTER

Howard Jones, Sr.

### **JAPANESE FRUIT PIE**

1 cup sugar  
1 stick butter OR margarine, melted  
Pinch of salt  
2 eggs, beaten  
1 tablespoon vinegar  
1/2 cup grated coconut  
1/2 cup pecan pieces  
1/2 cup raisins  
9-inch pie crust

Mix sugar, butter, salt, eggs and vinegar. Add coconut, pecans and raisins. Pour into pie shell. Cook at 325° for 35 or 40 minutes, until the pie is set in the center. 6 to 8 servings.

Margie Windley

*You can store fruit pies at room temperature up to one day. Refrigerate any leftovers if there are any!*

## LEMON PIE

- 1 can CONDENSED milk
  - 4 egg yolks
  - 2 tablespoons margarine OR butter, melted
  - 1/2 cup lemon juice
  - 1/4 cup sugar
  - 1 cooked pie shell
- MERINGUE:*
- 4 egg whites
  - 1/2 teaspoon vanilla
  - 1/4 cup sugar
  - 1/4 teaspoon cream of tartar

## GRANDMOTHER WINDLEY'S LEMON PIE

- 1 cup sugar, divided
- 1/2 teaspoon salt
- 1/2 stick butter OR margarine
- 3 tablespoons all-purpose flour
- 4 egg yolks
- 1 lemon, juice and rind
- 1 cup hot water
- 9-inch baked pie shell

Combine milk, egg yolks, lemon juice, and sugar; add cooled melted butter. Mix well until thoroughly blended. Pour into cooled pie shell. Make meringue by beating egg whites until soft peaks appear. Add sugar and cream of tartar a little at a time and beat with an electric mixer. Continue beating until soft peaks appear and the sugar is completely dissolved. Spoon meringue over the pie filling. Spread to the edges of the crust to seal in the filling. Bake about 10 to 15 minutes or until brown at 350°.

Algia Fulcher

*If you substitute 1 1/2 cup Key Lime juice for the lemon juice, you have a wonderful Key Lime Pie. A graham cracker crust is good for this pie, too.*

In a medium saucepan place 1/2 cup sugar, salt, margarine, flour, egg yolks, lemon juice and rind. Add 1 cup hot water last. Cook over medium heat, stirring constantly, until thick; cool slightly. Beat egg whites until stiff, add remaining sugar and continue beating until dry. Stir half the egg whites into the cooked mixture. Pour the lemon mixture into the pie shell; cover with remaining egg whites, sealing well; brown in a hot oven.

Alice Windley

*By law, ice milk can only have 6 percent milk fat and no egg yolks!*

**1 baked 9-inch pie shell**  
**14 ounces CONDENSED milk**  
**6 ounces frozen limeade, thawed**  
**9 ounces whipped topping**  
**4 drops green food coloring (optional)**

Thaw the juice and pour into a bowl. Add milk and mix well. Fold in the thawed whipped topping and pour into the baked pie crust. You may either freeze or chill this pie until firm. Decorate with additional whipped topping and thin slices of lime, if desired. *Some people like to add a few drops of green food coloring to lime pies. The juice, however, is naturally a light yellow, only the skin is green. This pie is also good made with lemonade. Be adventure-some...use a chocolate ready-to-eat crust!*

Blanche Merrill

### **MARGARET BEAVER'S BUTTERSCOTCH PIE**

**3 tablespoons BUTTER**  
**4 tablespoons all-purpose flour**  
**2 cups packed brown sugar**  
**1/2 teaspoon salt**  
**2 cups milk**  
**3 eggs, divided**  
**1 teaspoon vanilla**  
**1 baked pie shell**



#### ***MERINGUE:***

**Egg whites from above**  
**3 tablespoons sugar**  
**Pinch cream of tartar**

Melt butter in skillet and add sugar and 1/2 cup milk. Simmer 5 minutes. Beat yolks and add 1 1/2 cups milk. Gradually stir the flour and salt into the egg-milk mixture. Add some of the hot mixture to the eggs and add the eggs to the skillet, very slowly, so the eggs do not cook too quickly. Stir constantly until the mixture is thickened. Cool slightly and add vanilla. Pour into baked pie shell. Beat the egg whites until frothy; gradually add sugar and cream of tartar. Beat until the meringue stands in firm peaks. Spread over the pie filling and bake at 425° until nicely browned.

Fran Krautheim



**1 can CONDENSED milk**  
**9 ounces Cool Whip**  
**1 large can crushed pineapple, drained**  
**1/2 cup chopped nuts**  
**4 tablespoons lemon juice**  
**2 graham cracker crusts**

### **KENTUCKY PECAN PIE**

**1 cup all-purpose flour**  
**2 cups sugar**  
**2 sticks margarine**  
**2 teaspoons vanilla**  
**4 eggs**  
**1 cup chopped pecans**  
**1 cup chocolate morsels**  
**2 pie crusts**

### **PECAN PIE**

**3 eggs**  
**1/2 cup white sugar**  
**1 cup corn syrup**  
**2 cups pecans, chopped**  
**3 tablespoons butter, softened**  
**1/2 teaspoon salt**  
**1 unbaked pie shell**

Mix all ingredients except the crusts. Stir well to mix completely and divide between the 2 crusts. Chill until ready to serve.

Mary Murphy  
*Joyce Gutknecht and Margie Windley both use 16 ounces of Cool Whip in this pie. Dorothy Harker calls this her SURPRISE PIE.*

Preheat oven to 375°. Prick pie crusts with a fork. Bake until slightly brown. Remove from oven. Reduce heat to 350°. In a large bowl mix eggs, vanilla, softened margarine and sugar. Add flour; mix until smooth. Fold in chopped nuts and chocolate morsels. Pour into pre-cooked pie shells and bake for 45 to 60 minutes.

Ruby Dudley  
*Carole Williford reduces the sugar to 1/2 cup white and 1/2 cup brown, and the eggs to 2. When she exchanges walnuts for the pecans this pie is called TOLL HOUSE PIE. It's great served warm with ice cream on top!*

Mix the eggs and sugar well; add corn syrup. Add the chopped nuts and softened butter along with salt. Pour into a pie shell and bake at 300° for 45 minutes. 6 to 8 servings.

Dorothy Harker

## **PECAN PIES**

2 unbaked pie shells  
1 box of brown sugar  
1 stick of margarine OR butter  
2 tablespoons corn meal  
2 tablespoons self-rising flour  
3 eggs  
3/4 cup milk  
2 teaspoons vanilla  
1 to 1 1/2 cups chopped pecans

## **PECAN PIE**

6 tablespoons melted margarine  
1/2 teaspoon vanilla  
1/2 cup light brown sugar  
1/2 cup sugar  
1/2 cup light corn syrup  
1 cup chopped pecans  
3 medium eggs  
1 unbaked pie shell

## **GRANDMA'S PINEAPPLE PIE**

2 eggs, well beaten  
1/2 stick butter  
1 tablespoon all-purpose flour  
1 cup sugar  
16 ounces crushed pineapple, drained  
9-inch pie shell

Set pie shells aside. Mix all ingredients well. Pour into the pie shells and bake at 350° for 45 minutes.

Algia Fulcher

Bake pie shell for 5 minutes and remove from oven. Lightly beat the eggs and add the remaining ingredients to the eggs. Pour into the pie shell and bake 50 minutes at 300°.

Mary Fond Jones

Mix all ingredients. Pour into a 9-inch unbaked pie shell. Bake, on a cookie sheet, at 400° for 40 to 45 minutes or until lightly browned. *Easy and delicious!* 6 to 8 servings.

Anita Hardesty

**CRUST:**

- 2 sticks margarine, divided
- 1 cup all-purpose flour
- 3 ounces cream cheese

**FILLING:**

- 1 cup golden raisins
- 1 cup chopped pecans
- 2 eggs
- 1 cup sugar
- 1 teaspoon vanilla



Use the "tiny" muffin pans for these pies. Make a crust using 1 stick of margarine, the flour and cream cheese. Mix well, using hands. Line each muffin cup with the crust and set aside. Combine the remaining stick of margarine with the rest of the ingredients. Beat well. Divide filling evenly among the crusts. Bake at 350° for 25 minutes.

Rosalie "Kate" Salter

**PINEAPPLE CREAM CHEESE PIE**

**PINEAPPLE LAYER:**

- 1/3 cup sugar
- 1 tablespoon cornstarch
- 8 ounces crushed pineapple with juice

**CREAM CHEESE LAYER:**

- 8 ounces softened cream cheese
- 1/2 cup sugar
- 1 teaspoon salt
- 2 eggs
- 1/2 cup milk
- 1/2 teaspoon vanilla
- 9-inch unbaked pie shell
- 1/4 cup chopped pecans

Combine sugar, cornstarch, and pineapple with juice in a small saucepan and cook over medium heat, stirring constantly until the mixture is thick and clear. Set aside to cool. Blend cream cheese, sugar and salt in a mixer bowl. Add eggs, one at a time, beating after each addition. Blend in milk and vanilla. Spread cooled pineapple over bottom of pie shell. Pour cream cheese mixture over pineapple; sprinkle with pecans. Bake at 400° for 10 minutes; reduce heat to 325° and bake for 50 minutes. Cool.

Joyce Lillard



**2 graham cracker crusts**  
**14 ounces Cool Whip**  
**1 can CONDENSED milk**  
**1 package pink lemonade Kool-Aid**

### **PRALINE PIE**

**1 slightly baked 9-inch pie shell**  
**1/3 cup butter OR margarine**  
**1/3 cup firmly packed brown sugar**  
**1/2 cup pecans**  
**1 package butterscotch pudding mix**  
**2 cups milk**  
**1 cup whipped topping**  
**Pecan pieces**

### **PUMPKIN PIE**

**4 eggs**  
**1 can pumpkin**  
**1 1/2 cups sugar**  
**1 teaspoon salt**  
**2 teaspoons cinnamon**  
**1 teaspoon ginger**  
**3 cups milk**  
**2 9-inch pie crusts**  
**Whipped cream (optional)**

Place milk, Cool Whip and lemonade in a bowl and stir, by hand, until well blended. Pour into pie shells and refrigerate until serving time. 2 pies.

Nathan Daughtry

Combine butter and sugar in a saucepan. Cook and stir until sugar melts and mixture bubbles vigorously. Remove from heat and stir in 1/2 cup pecans. Spread over bottom of pie shell and bake for 5 minutes at 425°. Cool. Combine pudding mix and milk according to package directions. Pour into the cooled pie crust and chill until set. Spread with whipped topping and sprinkle with the remaining nuts. 6 to 8 servings

Anita Hardesty

Combine eggs, pumpkin, sugar, salt, cinnamon, ginger and milk. Pour into crusts. Bake 15 minutes at 425°; reduce temperature to 350° and bake an additional 40 minutes. Cool and garnish with whipped cream, if desired. 2 pies.

Lenora Davis

**8 ounces cream cheese**  
**1 cup sour cream**  
**10 ounces frozen strawberries, thawed**  
**1 cup sugar**  
**1 graham cracker crust**

Mix the berries and sugar together so the sugar has chance to dissolve. Blend cream cheese with sour cream; add strawberries and sugar. Pour into graham cracker crust. Freeze until firm.  
Dorothy Harker

### **FRESH STRAWBERRY PIE**

**1 baked 9-inch pie shell**  
**1 1/2 cups water**  
**2 tablespoons cornstarch**  
**1 cup sugar**  
**Small strawberry jello**  
**1 quart strawberries**  
**Cool Whip**

Mix the cornstarch and sugar together in a medium sauce pan. Add the water and bring to a boil over medium heat, stirring constantly until the mixture becomes clear and is thick. Add jello and stir well until all the color is evenly distributed throughout. Place washed, capped, and drained dry strawberries into the baked pie shell and pour the mixture over the berries being sure each berry is sealed under the cornstarch mixture. Refrigerate until thoroughly chilled and firm. Serve with Cool Whip.

Bobbie Midgette

### **TIN ROOF PIE**

**1/2 cup peanut butter**  
**1/2 cup corn syrup**  
**2 + cups honey and nut cereal**  
**1 quart vanilla ice cream, softened**  
**3 tablespoons chopped peanuts**  
**Chocolate OR caramel syrup**

Stir together the peanut butter and corn syrup in a medium bowl. Add cereal; stir until well coated. Press evenly into a 9-inch pie pan. Chill. Scoop softened ice cream into cereal crust. Freeze until firm. Remove from freezer 10 minutes before serving. Top with chocolate or caramel syrup and chopped peanuts. 1 pie.

Sandra Croom

- 2 cups cooked sweet potatoes, mashed
- 3 tablespoons butter
- 1 cup brown sugar
- 1/2 cup white sugar
- 2 eggs, beaten
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 cup whole milk OR half-and-half
- 10-inch unbaked pie shell

### ANN STREET "HERITAGE" ICE CREAM

Beat in the following order, mixing well with hand mixer after each addition:

- 3 large eggs
- 1/3 cup dry non-fat milk
- 2 12-ounce cans evaporated milk
- 2 1/4 cups sugar (you may want to use less, very sweet)

1 SMALL package instant vanilla pudding  
 PLUS ONE (1) of the following:

- 3 teaspoons vanilla
- 2 10-ounce packages frozen strawberries
- 3 cups diced canned peaches in heavy syrup
- 3 cups VERY RIPE bananas (4 large)
- 1/3 to 1/2 cup instant coffee granules

Mix all ingredients well. Pour in unbaked pie shell. Bake 10 minutes at 450°; reduce heat to 350° and bake until done.

Thelma Ward  
 Gayle Murphy does not use brown sugar and she uses 1 teaspoon lemon flavoring in place of the nutmeg and bakes in two regular pie shells.

Put mixture in freezer containers, fill to "fill-line" with whole milk. Place in freezer, pack ice and generous amount of salt; plug in. Add salt and ice as needed. When freezer stops, remove container and scrape ice cream into buckets. Store immediately in deep freezer to ripen. *NOTE: Be careful of the amount of sugar used. Some flavors do not need as much sugar.*

Kerry Smith





## **SNOUT'S HOME-MADE ICE CREAM**

**3 eggs**

**1 can CONDENSED milk**

**3 quarts milk**

**2 cups sugar**

**1 large vanilla instant pudding**

**2 tablespoons vanilla**

## **BLUEBERRY NUT CRUNCH**

**15 to 20 ounces crushed pineapple**

**3 cups blueberries**

**1/2 cup sugar**

**1 box yellow cake mix**

**1/4 pound melted butter**

**1 cup chopped pecans**

**1/4 cup sugar**

## **CHOCOLATE ÉCLAIR DESSERT**

**1 small French vanilla OR vanilla pudding**

**3/4 cup cold milk**

**1 box graham crackers**

**12 ounces Cool Whip**

**1 can Pillsbury Ready-to-Spread**

**milk chocolate frosting**

Beat eggs well; mix in all other ingredients. Pour into freezer container and freeze according to manufacturers directions. If you wish to use other flavorings or fruits, decrease vanilla flavoring to 2 teaspoons. Makes 4 quarts.

Doris Willis

Spread pineapple, not drained, in a greased 9x13-inch baking dish; add blueberries and the 1/2 cup sugar. Sprinkle cake mix over this, then drizzle the melted butter over cake mix. Spread nuts over this. Sprinkle the 1/4 cup sugar on top. Bake at 350° preheated oven 35 to 40 minutes or until cake mix is done. After cooking about 25 minutes, cut down through cake several times to allow juice to come up through the cake. Makes 12 servings.

Sue Perkins  
Edith Styron

Make pudding with milk and refrigerate 5 to 10 minutes. Lay one layer of graham crackers on the bottom of 9x13-inch dish until covered. Fold in Cool Whip with pudding mix. Pour 1/2 pudding mix over crackers. Lay another layer of graham crackers and pour the remaining 1/2 mix over crackers. Top with another layer of graham crackers. Refrigerate 12 hours, then frost with chocolate frosting. Makes 12 servings.

Sue Perkins  
Chiyo Rice

**2 pounds fresh peaches**  
**1 1/2 cups whipping cream**  
**1 tablespoon vanilla**  
**1 1/2 cups brown sugar**

**FROSTED FRUIT COCKTAIL**  
**3 ripe, medium size bananas, mashed**  
**Juice of 2 lemons, strained**  
**1 cup sugar**  
**2 cups crushed pineapple and juice**  
**2 cups orange juice**  
**2 cups ginger ale**

**HUGUENOT TORTE**

**2 eggs**  
**1/4 cup sugar**  
**1/4 teaspoon salt**  
**2 teaspoons baking powder**  
**1/4 cup all-purpose flour**  
**2 teaspoons vanilla**  
**1 cup chopped, peeled apples**  
**1 cup chopped pecans**  
**1 teaspoon lemon juice**

Blanch peaches. Peel and cut into thin slices. Place slices in a large pyrex dish so the dish is half full. Whip cream until thick; blend in the vanilla. Cover the peaches with the whipped cream and place in freezer for 2 hours. Take peaches out of freezer and spread a layer of brown sugar over the whipped cream. Place dish under the broiler on highest rack. When the cream appears through the brown sugar, the dish is done.

Donna Mason

Mix bananas, sugar, pineapple, juices and ginger ale in the order given. Freeze in a 1/2 gallon container. Scoop out portion desired about 1/2 hour before serving. Should be served mushy. *This is excellent with Mexican food.* Makes 24 servings.

Mary Fond Jones

Lightly oil a 9-inch square or 10-inch round baking dish. Beat eggs well, until thick and lemon colored; about 3 to 5 minutes. Gradually add sugar and beat until very thick. Add salt and baking powder to flour and add the liquid mixture. Mix well until combined. Fold in vanilla, chopped apples, pecans and lemon juice. Bake at 325° about 40 minutes until browned. Serve with whipped cream.

Thelma Ward

4 firm bananas  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
2 tablespoons sugar  
1/2 cup honey  
8 tablespoons butter



### EASY PEACH DELIGHT

32 ounces sliced, canned peaches,  
undrained  
1/4 cup sugar  
2 boxes instant Jell-O custard mix  
1/3 cup butter  
1/3 cup all-purpose flour  
1 teaspoon vanilla  
1 box Betty Crocker butter cake mix  
1 stick BUTTER

### PEACH BLUEBERRY GLOP

1 pint blueberries  
4 cups chopped peaches  
1 stick margarine OR butter  
1 cup sugar  
1 cup all-purpose flour  
1 1/2 teaspoons baking powder  
3/4 cup milk

Peel bananas, cut in half, then cut each half lengthwise. Arrange in casserole and sprinkle top with cinnamon, nutmeg and sugar. Pour honey over tops and dot each with butter. Bake in a 300° oven about 20 minutes. 4 servings.

Thelma Ward

Mix everything together except the cake mix and the 1 stick of butter. Pour into an 8x12-inch baking dish. Combine the cake mix and butter, mixing until crumbly; spoon onto the fruit mixture and spread to cover, bake at 350° about 45 minutes.

Rosalie "Kate" Salter

Combine the cleaned blueberries and peaches. Melt the butter/margarine in a 2 quart casserole dish; set aside. In a separate bowl, mix the sugar, flour, baking powder and milk. Pour into the casserole dish. DO NOT STIR IN THE MARGARINE. Pour fruit mixture on top and bake at 350° for 1 hour. 6 servings. *You should try this with ice cream!!!*

Amy Lynch



### OREO DESSERT

1 pound package Oreo cookies  
1 stick butter  
12 ounces Cool Whip (largest size)  
8 ounces cream cheese  
1/2 cup sugar  
1 large instant chocolate pudding

Dottie Lynch

### CRACKER NUT DESSERT

3 egg whites  
1/2 teaspoon baking powder  
1 cup sugar  
1 teaspoon vanilla  
1 cup salted crackers  
1/2 cup chopped pecans  
12 ounces non-dairy whipped topping  
1 can cherry pie filling

Beat the egg whites with baking powder until stiff. Fold in sugar and vanilla. Roll crackers into crumbs; add 1/2 the nuts. Fold 1/2 the cracker-nut mixture into the egg whites. Pour into a 9x11-inch pan. Bake 45 minutes at 300°. Cool. Layer 1/2 the whipped topping onto the cooled crust and spread on the pie filling. Cover with remaining whipped topping and sprinkle with the reserved cracker-nut crumb mixture. Refrigerate until serving time. 10 to 12 servings.

Alice Spencer

### FRUIT COMPOTE

1/2 cup sugar  
2 tablespoons cornstarch  
20 ounce can pineapple chunks, undrained  
1/3 cup orange juice  
1 tablespoon grated orange peel  
1 tablespoon lemon juice  
11-ounce can mandarin oranges, drained  
3 chopped apples  
2 bananas, sliced

Combine sugar and cornstarch in a sauce pan; stir well. Drain pineapple, reserving 3/4 cup juice. Add reserved juice, orange juice, lemon juice and grated orange rind to the cornstarch mixture. Stir until smooth. Cook over medium heat, stirring constantly until thickened and bubbly. Combine fruit and pour hot glaze over the fruit, stirring gently to coat. Cover and refrigerate until chilled. Garnish with additional orange rind, if desired. 8 servings.

Alice Spencer

## **HOL CRANBERRY COMFOTE**

3 cups chopped apples  
2 cups fresh cranberries  
2 teaspoons lemon juice  
1 cup sugar  
1 1/3 cups quick cooking oats, raw  
1 cup chopped walnuts  
1/3 cup firmly packed light brown sugar  
1/2 cup butter OR margarine, melted



Combine apples, cranberries and lemon juice in a lightly greased, shallow 9x13-inch casserole; toss well. Pour sugar evenly over fruit. Combine remaining ingredients, mixing well. Sprinkle over the sugar layer. Bake, uncovered, at 350° for one hour.

Alma Howard

## **BANANA FRITTERS**

1 3/4 cups biscuit mix  
1/2 cup milk  
2 eggs  
4 bananas, peeled and sliced  
Powdered sugar

Combine biscuit mix, milk and eggs; mix well with electric mixer. Add bananas and gently coat them. Drop into hot oil. Fry until brown. Drain and shake in paper bag of powdered sugar. 4 to 8 servings.

Jeanne Simpson

*For a nicely sparkling top on your pie crust,  
sprinkle the top with granulated sugar before baking.  
If you want a glazed-looking top, use lightly beaten  
egg whites or milk brushed over the top before baking.*

- 1/2 cup butter OR margarine
- 1 cup all-purpose flour
- 1 cup finely chopped nuts
- 8 ounces cream cheese, softened
- 1 cup sifted powdered sugar
- 4 ounces thawed whipped topping
- 4 ounces instant chocolate pudding mix
- 4 ounces instant vanilla pudding mix
- 2 teaspoons instant coffee
- 3 cups milk
- Grated chocolate

Cut butter or margarine into flour until crumbly. Stir in 3/4 cup nuts and press mixture gently into the bottom of a 9x13-inch baking dish. Bake in a 350° oven for 20 minutes; cool. In a small bowl, beat cream cheese until fluffy. Beat in the powdered sugar and half the thawed topping. Spread over the crust. Chill. In a large mixing bowl, combine both pudding mixes, dissolved coffee in a little of the milk and add it and the remaining milk; beat with a rotary beater 2 minutes. Spoon on top of cheese mixture in dish. Chill or freeze until firm. Top with remaining whipped topping. Sprinkle grated chocolate and remaining nuts on top. Chill or freeze. If frozen, let stand 10 to 15 minutes at room temperature before serving. 16 servings. *NOTE: You may use instant coffee pudding mix for the vanilla and instant coffee.*

Minnie McIntyre

*Brush the bottom crust for fruit pies with egg white to prevent the juices from soaking in.*

IF NONE OF THESE MEETS YOUR FANCY, LOOK IN CAKES



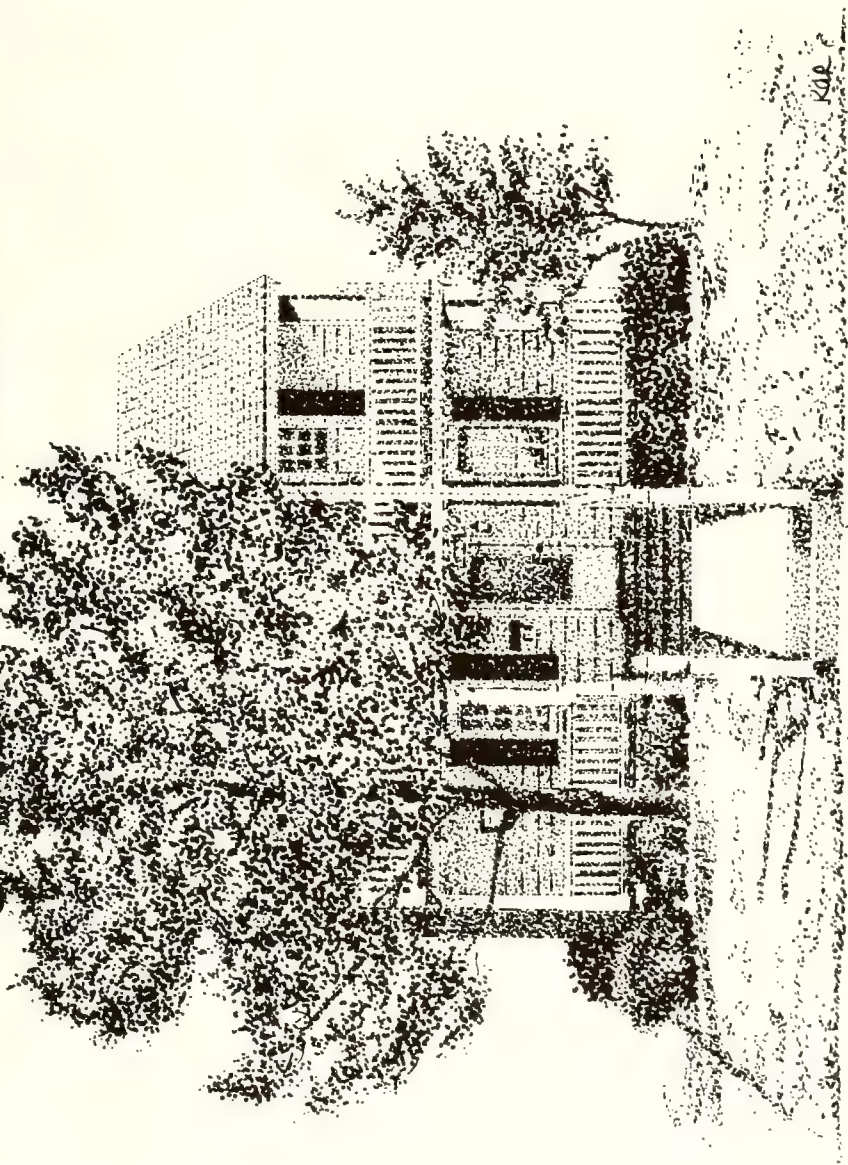
## FAVORITE RECIPES

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# QUANTITY COOKING



**Pacquinette House**

The house was built in 1768 by the Pacquinettes who were French Huguenots. A member of the family held office in Beaufort in 1728.

Ballast stones were used to form pillars under the house--a common practice during this period.

An unusual feature of the house is the 18th century version of air-conditioning. The upper porch had no ceiling and an opening with a shutter at the level of the attic floor allows the breeze to flow through the house in warm weather.

Present Owner, Mrs. George Linnemeier



If quantity cooking is not on your list of the ten best things you like to do but...you find yourself in charge of the next family reunion, fellowship dinner at church or your daughter's wedding reception, look over our list of tried and tested recipes here and in Party Fare. Make life a little easier for yourself.

## AMOUNTS FOR 100 SERVINGS

### MEATS

Bacon	20 to 25 pounds
Beef Roast	50 pounds
Chicken	55 to 60 pounds
Fish	25 pounds
Ground Beef	20 to 25 pounds
Ham(with bone)	35 to 40 pounds
Meat loaf	20 pounds
Pork Chops	30 pounds
Pork Roast	35 pounds
Spare Ribs	75 pounds
Stewing Beef	25 pounds
Turkey	75 to 100 pounds
Wieners	20 pounds

### VEGETABLES

Baked Beans	12 pounds
Beets	4 #10 cans
Beans, lima	4 #10 cans
Cabbage for slaw	20 pounds
Carrots	25 to 30 pounds
Celery	10 to 12 bunches
Corn	10 40-ounce bags
Lettuce (salad)	12 to 15 heads
Peas, fresh	70 pounds
Potatoes (mash)	35 pounds
Potatoes (scallop)	35 to 40 pounds
Squash	50 pounds
String Beans	20 to 25 pounds
Sweet Potatoes	25 pounds
Tomatoes	25 to 38 pounds

## FRUIT

Canned Fruit  
(25 ounces each)  
Cranberry Sauce  
For Individual Salads:

20 to 25 cans  
6 one-pound cans

Apples  
Melon Balls  
Oranges  
Peaches  
Strawberries  
Fruit salad

25 pounds  
30 melons  
4 dozen  
37 pounds  
20 quarts  
2 gallons

## DESSERTS

Cake:  
(13 x 9-inch pan)  
(15 x 10-inch pan)  
Ice Cream  
Pie (9-inch)  
Whipping Cream

7 cakes  
4 cakes  
4 1/2 gallons  
12 to 15 pies  
2 quarts

## BEVERAGES

Coffee  
Cream  
Sugar

2 pounds  
1/2 gallon  
1 1/2 pounds



## STAPLES

Fruit Juice  
Milk  
Soda Pop

18 6-ounce cans  
6 1/2 gallons  
16 to 20 liters

Bread (sandwiches)  
Bread (meal-1 slice)  
Butter  
Coleslaw  
Crackers  
Deviled eggs  
Gravy  
Gelatin  
Jams, preserves  
Olives  
Pickles  
Pimento cheese sandwiches  
Potato Chips  
Potato Salad  
Rolls  
Salad Dressing  
Salted Nuts  
Sandwich Filling  
Soup

12 to 15 pounds  
6 loaves  
3 pounds  
24 pounds  
6 pounds  
9 dozen  
1 1/2 gallons  
8 quarts  
3 quarts  
1 gallon  
1 gallon  
9 dozen  
5 pounds  
5 gallons  
12 to 15 dozen  
2 to 3 quarts  
5 pounds  
16 to 18 cups  
6 gallons

Allow 1 cup tossed salad (about 3/4 cup salad greens and 1/4 cup other salad ingredients) per person. When serving a crowd, buy salad greens by weight. A pound of greens yields about 5 cups of torn leaves (enough for 6 servings).

Because most people like 1 to 2 tablespoons of salad dressing on a salad, plan on 16 to 32 servings from a 12-ounce bottle.

A 16-ounce loaf of French bread yields about 16 (1-inch) slices. Allow two slices per person.

You'll need 1 1/2 gallons of tea to serve 25 people. Fill 20-ounce cups with ice, and add 1 cup of tea to each glass.

### **EASY SPAGHETTI FOR 25**

**6 pounds ground beef**

**3 (15-ounce each) cans tomato sauce**

**4 cups water**

**3/4 cup dried onion flakes**

**1/4 cup Worcestershire sauce**

**1 tablespoon garlic powder**

**1 1/2 teaspoons pepper**

**3 (28-ounce each) jars spaghetti sauce**

**3 (16-ounce each) packages raw**

**spaghetti noodles**

**Grated Parmesan cheese**

Brown ground beef in an 8-quart Dutch oven, stirring until it crumbles. Drain well. Stir in tomato sauce, water, dried onion flakes, Worcestershire sauce, garlic powder and pepper. Bring to a boil over medium heat. Cover, reduce heat and simmer 20 minutes stirring occasionally. Add spaghetti sauce, and simmer uncovered, 20 minutes stirring occasionally. Cook spaghetti according to package directions; drain. Spoon meat sauce over cooked spaghetti, and sprinkle with Parmesan cheese. *NOTE: Sauce can be frozen in an air-tight container for 3 months.*



**7 1/2 pounds chicken**

**6 cups water**

**1 large onion, sliced**

**1 cup chopped celery**

**Salt and pepper**

### **CHICKEN CASSEROLE**

**6 cups chopped, cooked chicken**

**5 cups chicken broth, hot**

**3 medium onions, chopped**

**3 sticks margarine OR butter**

**1 cup all-purpose flour**

**4 cups milk**

**Salt and pepper to taste**

**6 cups cooked rice**

**1 pound chopped mushrooms,**

**fresh OR canned**

**8 ounces chopped pimento**

**1 1/2 cups buttered crumbs**

**1/2 cup parsley, chopped (optional)**

Simmer all together until tender, 45 minutes to 1 hour; remove chicken from broth; reserve broth. Skin and bone chicken; cut in pieces. This makes about 8 cups chicken and 8 cups of broth. Can be used as a basis for Chicken a la King, chicken casserole, chicken soup, chicken salad, tetrazzini, curried chicken, chicken pies, etc. Makes 8 cups chicken and 6 to 8 cups broth.

Pat Humphrey

Prepare chicken and chicken broth as in recipe for Simmered Chicken. Cook onions in 1 stick of margarine until translucent; set aside. Melt remaining butter; blend in flour and liquids. Season to taste. Mix all ingredients together except crumbs; pour into the baking dishes and top with crumbs. Bake in preheated 400° oven for 30 minutes or until bubbly. Makes 25 servings.

Pat Humphrey



*Combine three parts table salt with one part black pepper in a single shaker on the stove.*

*When you want to season something while cooking, add as many shakes as you need.*

*Keeping flour in a shaker also helps in flouring pans for baking, too.*

### **COOKED CHICKEN**

8 cups simmered chicken  
8 cups chicken broth  
3 sticks butter  
3 cups chopped onions  
4 tablespoons curry powder  
1 1/2 cups all-purpose flour  
13 ounces evaporated milk  
1/2 cup lemon juice  
2 teaspoons salt  
1/2 teaspoon pepper  
Hot cooked rice

Use cooked chicken and broth from recipe for Simmered Chicken. Melt butter; saute onions until soft; add curry powder. Cook 3 to 4 minutes. Carefully blend in the flour stirring to keep from lumping. Slowly add the remaining liquids, salt and pepper. Cook, stirring often. Add the cooked chicken; keep hot until serving. Serve on rice. Makes 25 servings.

Pat Humphrey

## **RECIPES FOR 100 (or thereabouts)**

### **BIG APPETITE PANCAKES FOR 85**

12 eggs  
3 quarts milk  
12 cups all-purpose flour  
3/4 cup sugar  
3/4 cup baking powder  
2 tablespoons salt  
1 1/2 cups oil

Beat eggs; add milk. Add dry ingredients and oil; mix well. Spoon batter onto hot greased griddles and brown on both sides.

## LEACH COBBLESTONE

- 9 cups self-rising flour
- 9 cups sugar
- 3 #10 cans sliced peaches
- 4 to 6 cups milk



Mix flour, sugar and milk. Reserve. Pour peaches and juice into 3 baking pans, such as large lasagna pans, which have been sprayed with vegetable-type spray. At least 3 pans will be required. Sprinkle additional flour over juice and dot with 1 stick margarine per pan. Pour flour mixture over all. Bake at 350° for 1 hour or until golden brown.

## HAMBURGER CASSEROLE

- 12 pounds ground beef
- 8 large chopped onions
- 24 8-ounce cans OR 13 15-ounce cans tomato sauce
- 4 tablespoons sugar
- 3 teaspoons garlic salt
- 3 tablespoons salt
- 3 teaspoons pepper
- 6 8-ounce boxes uncooked shell noodles
- 3 pounds grated cheese

## HOMEMADE VEGETABLE SOUP

- 8 pounds beef, cubed
- 3 pounds onions, diced
- 3 pounds potatoes
- 3 pounds carrots
- 4 28-ounce cans tomatoes
- 4 3-pound bags mixed vegetables
- 2 8-ounce cans tomato juice
- 24 ounces catsup

Cook beef and onions until meat is brown and onion tender. Pour off grease. Add tomato sauce, sugar, salts and pepper. Remove from heat. Cook noodles according to package. Drain and add to sauce. Pour into LARGE sprayed casserole dish. Sprinkle generously with cheese. Bake for 45 minutes at 350°.

Brown meat and 1/2 onions. Drain grease and boil in water to cover meat. Add vegetables, tomato juice and catsup. Add water as necessary. Simmer about 4 hours or until meat and vegetables are tender.



8 pounds cooked, sliced carrots  
 4 medium green peppers, chopped  
 3 large onions, sliced and divided into rings

**MARINADE:**

4 cups tomato sauce  
 3 cups salad oil  
 4 cups sugar  
 4 teaspoons dry mustard  
 3 cups vinegar  
 3 teaspoons salt  
 4 teaspoons Worcestershire sauce

**SWEET POTATOES**

3 #10 cans sweet potatoes, drained,  
 reserve 1/2 liquid  
 3 #10 cans apple pie filling OR  
 6 12-ounce cans  
 1/2 cup pumpkin pie spice

Pour over vegetables and marinate at least 24 hours.

Slice potatoes in bottom of very large pans. Add reserved juice. On top of the potatoes, add the pie filling and spread evenly. Sprinkle with spice and dot with butter. Bake at 350° for 30 to 40 minutes or until bubbly.

*Keeping hot dishes hot at picnics and outdoor gatherings gives you better flavor and guards against food-borne illness.*

20 pounds ground beef  
3 cups chopped onions  
1/4 cup Worcestershire sauce  
1 pound brown sugar  
1 cup prepared mustard  
2 tablespoons chili powder  
1 gallon catsup  
Salt and pepper to taste

### QUICK FRUIT SALAD OR DESSERT

10 (20-ounce each) cans pineapple  
chunks, drained  
10 (21-ounce each) cans peach pie filling  
10 (11-ounce each) cans mandarin  
oranges, drained  
10 cups green grapes  
10 cups sliced bananas

### CHICKEN SALAD

25 pounds chicken, (about 8  
chickens) cooked, boned, and cubed  
4 large bunches celery, cut fine  
30 ounces sweet pickles, cubed  
2 1/2 quarts mayonnaise  
Juice from 3 lemons  
Salt and pepper to taste  
3 eggs, hard cooked, for garnish

Brown beef; drain fat. Add the rest of the ingredients, simmer for  
1 hour. Stir occasionally. Serve on hamburger buns.

Combine all ingredients EXCEPT bananas. Chill until ready to  
serve. Just before serving, fold in bananas.

Mix well and let flavors blend at least an hour before serving. Place  
on bed of crisp lettuce. Grate egg yolks on top of salad.

*NOTE: Can be used as sandwich filling also.*

Pat Humphrey

- 13 quarts apples, peeled and sliced**  
(about 24 medium)
- 2 cups water**
- 1/4 cup + 2 tablespoons lemon juice**
- 8 cups all-purpose flour**
- 8 cups sugar**
- 2 tablespoons cinnamon**
- 1 tablespoon salt**
- 4 cups butter OR margarine**
- 8 cups shredded Cheddar cheese**
- Whipped cream OR ice cream**

Jane Ledbetter

Arrange apples in four greased 13x9-inch baking pans. Combine water and lemon juice; sprinkle over apples. Combine flour, sugar, cinnamon and salt; cut in butter until crumbly. Stir in cheese lightly. Spread over apples. Bake at 350° for 30 to 35 minutes or until apples are tender and topping is crisp. Serve with whipped cream or ice cream, if desired.

**GLAZED MEAT LOAF**

- 10 1/2 cups rolled oats**
- 1/4 cup + 3 tablespoons salt**
- 1 1/2 tablespoons pepper**
- 3 1/2 cups chopped onion**
- 14 eggs**
- 10 1/2 cups milk OR tomato juice**
- 21 pounds ground beef**

**GLAZE:**

- 1 1/4 cups catsup**
- 3/4 cup brown sugar, packed**
- 3/4 cup prepared mustard**

In a large container, combine oats, salt, pepper, onion, eggs and milk or tomato juice; mix well. Add the ground beef in chunks; first mix with a large spoon, then with clean hands, until well blended. Shape into loaves of desired size and place in shallow baking pans. Bake at 350° for 30 minutes. Combine all of the glaze ingredients and spread over tops of loaves; bake for about 1 hour more. (Two pound loaves will need to bake for 1 1/2 hours.)

Jane Ledbetter





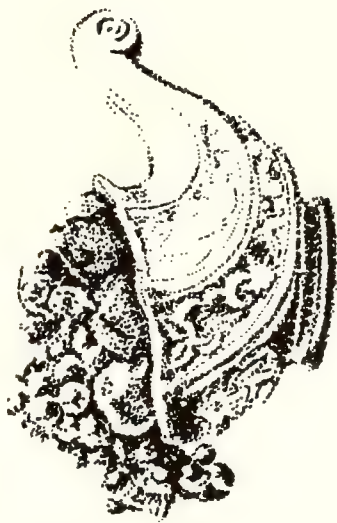
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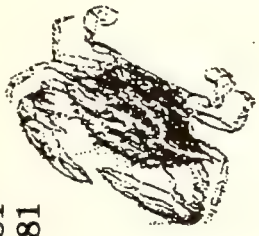
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